**TYGERBERG NLC**

**Summer Series**

# Saturday 10th December 2016

# Entry form

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Surname\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date of birth: Day\_\_\_\_\_\_\_\_\_\_\_\_\_Month\_\_\_\_\_\_\_\_\_\_\_\_Year\_\_\_\_\_\_\_\_\_\_\_\_

CLUB:/School: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

CLUB Licence No: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Events: **Please mark on back of form (next page)**

**With your best performance to date**

Contact numbers: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E-mail: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Entry Fee: R20.00/athlete and adults

R10.00 primary school children

Fax entries to: Mariana Meyer

**0862 422 920**

Tel: 082 777 4050

**entries close on 5th December 2016**

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**PLEASE CLEARLY MARK YOUR SELECTED EVENTS !!!ADD PB NEXT TO CHECK BOX**

**Girls U/11 (Born 2006,2005) Boys U/11 (Born 2006,2005)**

100m 100m

1200m 1200m

**Girls U/13 (Born 2004,2003) Boys U/13 (Born 2004,2003)**

100m 100m

1200m 1200m

**Girls U/16 (Born 2002, 2001) Boys U/16 (Born 2002, 2001)**

100m □ 100m □

200m □ 200m □

400m □ 400m □

**Girls U/18 (born 2000, 1999) Boys U/18 (born 2000, 1999)**

100m □ 100m □

200m □ 110m Hurdles □

400m □ 200m □

Javelin □ 400m □

Shot Put 800m □

Shot Put □

Discus □

Javelin □ **Junior Men (1998, 1997)**

Long Jump □ 110mH □

**Women Men**

60m □ 60m □ 110mH □

150m □ 150m □ Triple Jump □

300m □ 300m □ Hammer Throw □

600m □ 600m □ High Jump □

1000m □ 1 Mile □

300m Hurdles □ 300m Hurdles □

3000m □ 3000m □

3000m Walk □ 3000m Walk □

Shot Put □ Shot Put □

Javelin □ Javelin □

Long Jump □ Long Jump □

Discus □ Hammer Throw□ Discus □

Triple Jump □ **Masters Men**: 200 □

**Masters Women** 200 □ **Masters Men**: 800m □