**TYGERBERG NLC**

**Summer Series**

# Saturday 9th December 2017

# 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: R25.00/athlete and adults

 R10.00 primary school children

**Fax entries to: Mariana Meyer**

 **0862 422 920**

**or**

**E-mail entries to: coachmariana@mweb.co.za**

Tel: 082 777 4050

**entries close on 1st  December 2017**

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

**Girls U/11 (Born 2006,2007) Boys U/11 (Born 2006,2007)**

100m 100m

1200m 1200m

**Girls U/13 (Born 2004,2005) Boys U/13 (Born 2004,2005)**

100m 100m

1200m 1200m

**Girls U/16 (Born 2002, 2003) Boys U/16 (Born 2002, 2003)**

100m □ 100m □

200m □ 200m □

400m □ 400m □

**Girls U/18 (born 2000, 2001) Boys U/18 (born 2000, 2001)**

100m □ 100m □

200m □ 110m Hurdles □

400m □ 200m □

Javelin □ 400m □

Shot Put 800m □

 Shot Put □

 Discus □

 Javelin □ **Junior Men (1998, 1999)**

 Long Jump □ 110mH □

**Women Men Senior Men**

100m □ 100m □ 110mH □

200m □ 200m □ Triple Jump □

400m □ 400m □ Hammer Throw □

800m □ 800m □ High Jump □

1500m □ 1 Mile □

400m Hurdles □ 400m 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 □