

# MET NORTH REGIONAL RELAYS

<b>DATE</b>	10 <sup>th</sup> November 2018
<b>VENUE</b>	Redcliffe LAC, Langdon Park, Cnr Oxley Rd & Mabel St, Margate
<b>AGE GROUPS</b>	U7 through to U17
<b>PROGRAM</b>	Not yet released
<b>NOMINATIONS</b>	Closing date Saturday 13 <sup>th</sup> October 11.30am. Please come to the Clubhouse to lodge forms

Athletes can only be submitted through the Centre. Each athlete may nominate to participate in a maximum of five (5) events at the Regional Relays.

Regional Relays primarily provide friendly Regional Competition for all athletes in these age groups to compete in teams. Track and field relays are provided for. The track teams comprise of four (4) athletes, and the field teams comprise of the total number of nominated athletes for that age group's event. In addition, Regional Relays are a means for qualifying for the McDonald's State Relay Championships.

Starting heights for High Jump – U9 0.75cm (scissors only), U10 0.85cm (scissors only), U12 1.05m, U13 1.15m, U14 1.20m, U15 1.25m. The bar will be raised 7cm, 7cm, 7cm and then 5cm thereafter.

## STATE RELAY PROGRESSION

Teams from the U9 - U17 age groups that place 1<sup>st</sup> - 3<sup>rd</sup> will be eligible to progress to the McDonald's State Relay Championships.

<b>COST</b>	<b>\$3.50 per athlete per event (maximum 5 events per athlete)</b>
	1 event - \$3.50
	2 events - \$7.00
	3 events - \$10.50
	4 events - \$14.00
	5 events - \$17.50