11-12 yr old Division*	11-12 yr old Division*
Meet Date:	Meet Date:
First & Last Name:	First & Last Name:
Boy Girl	Boy Girl
3 events max	3 events max
100 Meter Dash	100 Meter Dash
200 Meter Dash	200 Meter Dash
400 Meter Dash	400 Meter Dash
800 Meter Run	800 Meter Run
1500 Meter Run	1500 Meter Run
3000 Meter Run	3000 Meter Run
80 Meter Hurdles (30")	80 Meter Hurdles (30")
4 x 100 Meter Relay (<i>must also fill out relay card</i>)	4 x 100 Meter Relay (must also fill out relay card)
4 x 400 Meter Relay (<i>must also fill out relay card</i>)	4 x 400 Meter Relay (must also fill out relay card)
Long Jump	Long Jump
High Jump	High Jump
Shot Put (6 lb (2.72kg))	Shot Put (6 lb (2.72kg))
Discus (1kg (2.2lb))	Discus (1kg (2.2 <i>lb</i>))
Areo Javelin (450g)	Areo Javelin (450g)
* if unsure of division, check birth year table online or ask at track shed or a coach	* if unsure of division, check birth year table online or ask at track shed or a coach
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