

Bay of Quinte Invitational

Girls' Event Entry Sheet

Please fill in and email the sheet (tigger1967@sympatico.ca) to Brian Poste before 3PM on Monday, May 5th. Full entries will be posted to the website www.bqtrack.ca by Tuesday morning. Please check and confirm all entries. Due to the short turn around time, I will be running heat sheets off on Wednesday afternoon. Additions on the day of the event, are subject to availability. If you have any questions, please let me know (Cell: 613-334-9699). **Please provide a seed time for all races to ensure we have appropriate heats set up. If no seed time is entered, the athlete will be placed in the slow heat.**

Limits

Limit of 3 individual events per athlete.

Limit of 3 entries per school per event.

Thanks - Brian Poste - Entry Convenor

Novice Girls		Junior Girls		Senior Girls		Para	
100m	1	100m	33	100m	65	Ambulatory 100m	101
400m	5	400m	37	400m	69	Intellectual 100m	103
800m	7	800m	39	800m	71		
1500m	9	1500m	41	1500m	73	Ambulatory 800m	105
80m Hurdles	13	80m Hurdles	45	100m Hurdles	77	Intellectual 800m	107
300m Hurdles	15	300m Hurdles	47	400m Hurdles	79		
High Jump	17	High Jump	49	High Jump	81	Ambulatory Shot Put	109
Pole Vault	19	Pole Vault	51	Pole Vault	83	Intellectual Shot Put	111
Long Jump	21	Long Jump	53	Long Jump	85		
Triple Jump	23	Triple Jump	55	Triple Jump	87		
Shot Put	25	Shot Put	57	Shot Put	89		
Javelin	29	Javelin	61	Javelin	93		

Discus	27	Discus	59	Discus	91		
				Steeplechase	97		

Girls' Entry Form

School - _____

Coach - _____

Email (one that you check!!) - _____

NOTE - PLEASE USE EVENT NUMBER AND NOT EVENT NAME, IT IS EASIER TO ENTER THAT WAY.

[illegible]

NOTE - Relay athletes do not have to be named here. Relay entries are on a separate sheet.