

TYGERBERG ATHLETICS CLUB

Prestige Meeting

Saturday 18 December 2021: Parow North Athletics Track

Presented by



SPONSORED BY

ENTRY FORM

Surname						
First Name						
Date of Birth	Year		Month		Day	
Contact Numbers						
E-mail						
Club/School						
Club Licence No.						

EVENTS

Please mark the events you intend to participate in, on the next page with your 2021 Personal Best performance to date

This meeting is presented by Tygerberg Athletics Club according to the rules of ASA and WPA as well as COVID 19 regulations.

ENTRY FEE					
Adults	R30				
Athletes	R30				
Primary School Children	R10				
E-mail entries to: coachmariana@mweb.co.za Tel: 082 777 4050					
Entries close on 10 December 2021					
Please note this is a pre-entry meeting! No late entries will be accepted!! No entries on the day!!!					
PLEASE CLEARLY MARK YOUR SELECTED EVENTS!! ADD PB AND ATHLETE'S NAME					
Name of Athlete					
Girls U/10 (Born 2011, 2012)		Boys U/10 (Born 2011, 2012)			
Event	Select	PB	Event	Select	PB
100m			100m		
800m			800m		
Girls U/13 (Born 2008, 2009)		Boys U/13 (Born 2008, 2009)			
Event	Select	PB	Event	Select	PB
100m			100m		
800m			800m		
Girls U18/20 + Senior Women		Boys U18/20 + Senior Men			
Event	Select	PB	Event	Select	PB
Javelin			Javelin		
Long jump			Long jump		
Shot Put			Shot Put		
Triple Jump			Triple Jump		
Women All Ages		Men All Ages			
Event	Select	PB	Event	Select	PB
60m			60m		
3000m			3000m		
150m			150m		
600m			600m		
300m			300m		
Masters Women		Masters Men			
Event	Select	PB	Event	Select	PB
150m			150m		