

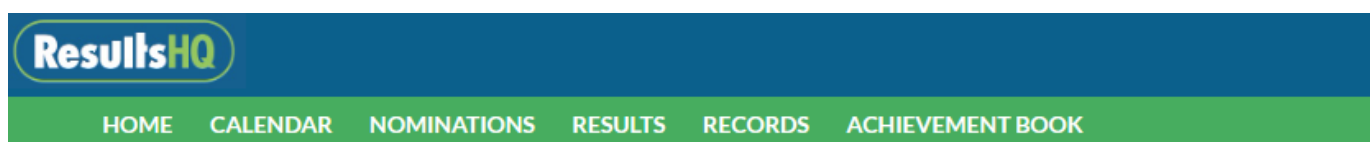
Nominating for the 2023/24 Zone Championships

INSTRUCTIONS

1. Log In to ResultsHQ
2. Click the 'NOMINATIONS' menu item at the top.



3. The Nominations page displays, showing all the meets you can nominate for, including the Zone Championships and other Gala Days. For the purpose of the Zone Championships, take note of the red box in the screenshot below, which is the nomination for the North West Met Zone Championships. The Zone Championships will be held on 2-4 December 2022 at AH Whaling Reserve, Baulkham Hills.



Nominations

Nominating from: Winston Hills LAC

Host Centre	Meet	Meet Date	Cut off Date	
NWMETzone	North West Met Zone Championships	01 Dec 2023	12 Nov 2023	Begin Nomination
Dapto Little Athletics	Dapto Little Athletics Carnival	05 Nov 2023	27 Oct 2023	CLOSED
Nepean LAC	Warren Mossman Memorial Gala Day	05 Nov 2023	27 Oct 2023	Begin Nomination
Liverpool City LAC	Liverpool City Gala Day	22 Oct 2023	15 Oct 2023	Begin Nomination
Hawkesbury City Gala Day	Hawkesbury Gala Day	15 Oct 2023	10 Oct 2023	Begin Nomination
Doonside LAC	Doonside Gala Day	14 Oct 2023	06 Oct 2023	Begin Nomination
Lake Illawarra LAC	Lake Illawarra October Carnival	08 Oct 2023	07 Oct 2023	Begin Nomination

4. To nominate events for your child , click on the green **‘Begin Nomination’** button

5. The **Nomination Preview** page displays. It shows the events that your child/children can nominate for. Click on the **‘Begin Nomination’** button. NOTE: You may need to scroll down a little bit for the green “Begin Nomination” button to appear on the top right corner.

Nomination: 2022-23 Zone Championships 02 Dec 2022

Begin Nomination

Hosted By: NWMETzone | Nominating From: Winston Hills LAC

Contact: Dennis Coker nwmzone@gmail.com 0412721506

Nomination Preview

Max. Events: 6

#	Event	Age	Gender	Type	Info	Time	Fee
47	100m	13	M	Heat		02 Dec 12:00 PM	\$0.00
48	200m	13	M	Heat		02 Dec 12:00 PM	\$0.00
139	Long Jump	13	M	Heat		02 Dec 12:00 PM	\$0.00
140	Triple Jump	13	M	Heat		02 Dec 12:00 PM	\$0.00
178	Javelin 600g	13	M	Heat		02 Dec 12:00 PM	\$0.00
197	High Jump	13	M	Heat		02 Dec 12:00 PM	\$0.00
204	3000m	13	M	Heat		02 Dec 12:00 PM	\$0.00
213	Shot 3kg	13	M	Heat		02 Dec 12:00 PM	\$0.00
214	400m	13	M	Heat		02 Dec 12:00 PM	\$0.00
215	800m	13	M	Heat		02 Dec 12:00 PM	\$0.00
216	1500m	13	M	Heat		02 Dec 12:00 PM	\$0.00
217	1500m Walk	13	M	Heat		02 Dec 12:00 PM	\$0.00
223	Discus 750g	13	M	Heat		02 Dec 12:00 PM	\$0.00
225	80m Hurdles	13	M	Heat		02 Dec 12:00 PM	\$0.00
227	200m Hurdles	13	M	Heat		02 Dec 12:00 PM	\$0.00

6. The **Events** page will display. Here is where you select the event/s you would like to nominate your child for.

You do this by clicking the checkbox for the event, and then clicking the 'Next' button. See screenshot below:

ResultsHQ

Nomination - North West Met Zone Championships 01 Dec 2023

Hosted By: NWMETzone | Nominating From: Winston Hills LAC

Contact: Dennis Coker nwmzone@gmail.com 0412721506

EventsSummaryPaymentNext

Events

Note: You can withdraw your nomination from any of the events you submitted in previous transactions that have not yet been marked as Accepted (fully finalised) by the Host Centre by deselecting the relevant checkbox and resubmitting this transaction at the payment screen. If you have already paid for the event, you must select another event so as not to reduce the payment total. Any request for refund, however, must be approved and handled by the Centre.

Max. Events: 6

#	Event	Age	Gender	Type	Info	Time	Fee	
3	200m Hurdles	14	M	Heat		01 Dec 12:00 PM	\$0.00	<input type="checkbox"/>
15	3000m	14	M	Heat		01 Dec 12:00 PM	\$0.00	<input type="checkbox"/>
22	Javelin 600g	14	M	Heat		01 Dec 12:00 PM	\$0.00	<input type="checkbox"/>
7	1500m	14	M	Heat		02 Dec 12:00 PM	\$0.00	<input type="checkbox"/>
33	100m	14	M	Heat		02 Dec 12:00 PM	\$0.00	<input checked="" type="checkbox"/>

7. The **Summary** page will load. Click the 'Next' button to confirm your nomination.

ResultsHQ

Nomination - North West Met Zone Championships 01 Dec 2023

Hosted By: NWMETzone | Nominating From: Winston Hills LAC

Contact: Dennis Coker nwmzone@gmail.com 0412721506

PreviousEventsSummaryPaymentNext

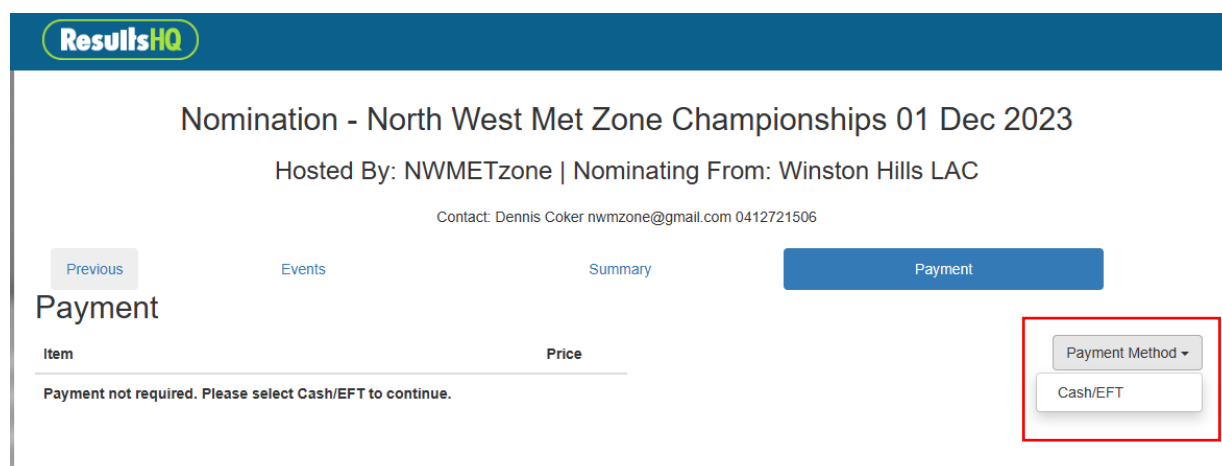
Summary

Events

Edit

#	Event	Type	Info	Time	Pre Selection
33	100m	Heat		02 Dec 12:00 PM	
118	Triple Jump	Heat		03 Dec 12:00 PM	

8. The **Payment** page will display. Click on the **Payment Method dropdown** and select 'Cash/EFT'.



ResultsHQ

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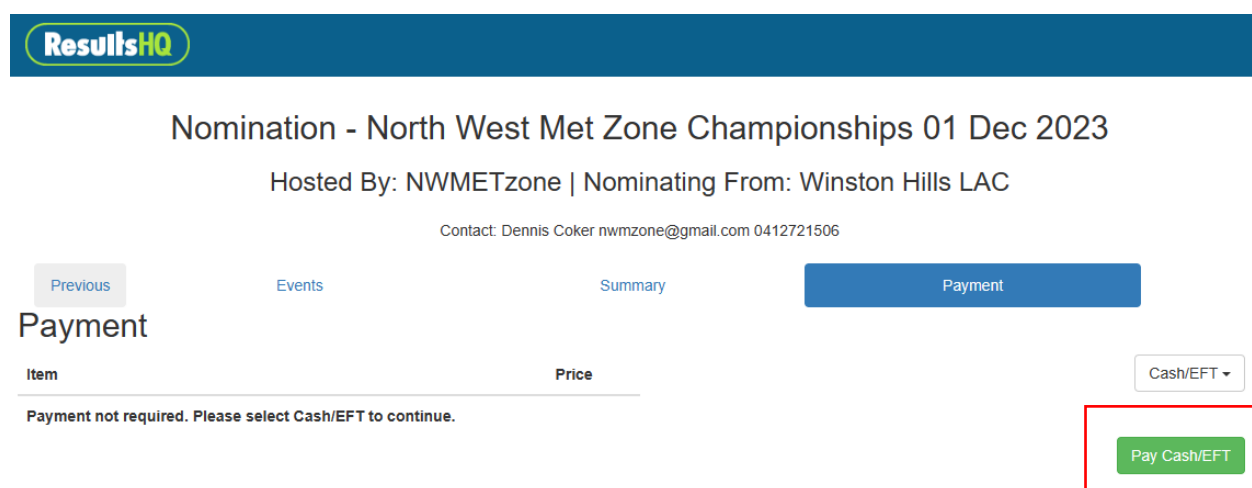
Previous Events Summary **Payment**

Payment

Item	Price
Payment not required. Please select Cash/EFT to continue.	

Payment Method ▾
Cash/EFT

9. When 'Cash/EFT' has been selected, the 'Pay Cash/EFT' green button displays as shown below. Click on the 'Pay Cash/EFT' button to confirm your nomination. NOTE, there is no payment required, however, you do need to click on this button to confirm your nomination.



ResultsHQ

Nomination - North West Met Zone Championships 01 Dec 2023

Hosted By: NWMETzone | Nominating From: Winston Hills LAC

Contact: Dennis Coker nwmzone@gmail.com 0412721506

Previous Events Summary **Payment**

Payment

Item	Price
Payment not required. Please select Cash/EFT to continue.	

Cash/EFT ▾
Pay Cash/EFT

10. A **Receipt/Confirmation** page will be displayed . An email will also be sent confirming your nomination. Please check Spam/Junk/Promotions if it does not appear in your main inbox.

Please note, this is a confirmation of your nomination.

For the u7-u11 age groups, if more than 6 athletes in an age group are nominated for an event, the Championships Officer will determine which 6 athletes will compete in the event based on performance. A final list of athletes will be published prior to the Zone Championships.