

# Lake Illawarra Little Athletics Assoc. Inc.

## Summer Carnival



**Where:** Myimbarr Community Park (Wattle Road, Flinders)

**When:** Sunday 8<sup>th</sup> January 2017

**Time:** Carnival Starts 9:00am (Late Entries Taken From 8:00am and throughout the Day).

**Pre Carnival Entry Closing Date:** Entries Close Friday 6<sup>th</sup> January 2017

**Entry Fee: U/6 to OPENS:** \$4-00 Per Event (or 6 Events per athlete \$20.00) **Tiny Tots:** \$10.00 per athlete

**Late Entry Fee: (U/6 to OPENS):** \$7-00 Per Event (or 6 Events per athlete \$35.00) **Tiny Tots:** \$15.00 per athlete

**Awards:** Medals for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Placing's In All Events, Participation Ribbons for all other athletes (All Tiny Tots Receive an Award but must compete in all 6 events) All track event medals given on times. No finals will be run. In keeping with the spirit of the day **NO PROTESTS** will be considered.

There is no limit to number of events an athlete can enter. Events may be combined were insufficient entries are received

**Athletes may go up an Age Group to compete in an event not available in their own Age Group as long as specifications (eg Weights) do not differ, and the event is allowed under LANSW rules with the following exceptions: Under 17's Walk is opened to all athletes from the 13's to 17's. Opens events are opened to athletes registered with Athletics Australia with the exception of the High Jump where the U15 & 17's can compete, U17 can also compete in the Opens 800m and Discus, the 60m is opened to all age groups.**

Events in Bold indicate Mid South Coast Zone Grand Prix Events

Tiny Tots	50m	70m	100m	Long Jump	Discus	Shot Put				
Under 6	50m	70m	100m	300m	Long Jump	<b>Discus</b>	Shot Put			
Under 7	50m	70m	100m	500m	<b>Long Jump</b>	Discus	Shot Put			
Under 8	<b>60m/h</b>	70m	200m	700m	Long Jump	<b>Shot Put</b>	Discus			
Under 9	60m/h	70m	200m	800m	700m/w	<b>Long Jump</b>	<b>Discus</b>	Shot Put		
Under 10	<b>60m/h</b>	70m	200m	<b>400m</b>	1100m/w	High Jump	<b>Shot Put</b>	Discus		
Under 11	60m/h	100m	200m	800m	1100m/w	<b>Long Jump</b>	<b>Discus</b>	Shot Put	Javelin	
Under 12	<b>60m/h</b>	100m	200m	<b>400m</b>	1500m/w	High Jump	<b>Shot Put</b>	Discus	Javelin	
Under 13	<b>80m/h</b>	100m	200m	800m	<b>200m/h</b>	<b>Long Jump</b>	Discus	Shot Put	<b>Triple Jump</b>	Javelin
Under 14	<b>80-90m/h</b>	100m	200m	400m	<b>200m/h</b>	High Jump	<b>Shot Put</b>	Discus	Javelin	
Under 15	<b>90-100m/h</b>	100m	200m	800m	<b>300m/h</b>	<b>Long Jump</b>	Discus	Shot Put	<b>Triple Jump</b>	Javelin
Under 17	<b>100-110m/h</b>	100m	200m	400m	<b>300m/h</b>	1500m/w*	Shot Put	Javelin	<b>Long Jump</b>	<b>Triple Jump</b>
OPENS	60m	100m	200m	800m	High Jump	Discus	Javelin	Long Jump	Triple Jump	

Enquiries: Phone Kevin McGarry 0417 048 148 or E-mail lilac\_carnival@outlook.com

Mail Entries To: LILAC Summer Carnival Entries PO Box 251, WARILLA NSW 2528

Postal entries to be paid by cheque or money order only (please don't send any cash) Cheques to be made out the Lake Illawarra Little Athletic Centre

Direct Deposit Details BSB: 633-000 Account Number: 150649630 Account Name: Lake Illawarra Little Athletics Association INC

Reference: Athlete Name and Number, please email receipt and entry to [lilac\\_carnival@outlook.com](mailto:lilac_carnival@outlook.com)

ATHLETES NAME: \_\_\_\_\_ REGISTRATION NUMBER \_\_\_\_\_

CENTRE: \_\_\_\_\_ CENTRE NUMBER \_\_\_\_\_

AGE GROUP \_\_\_\_\_

BOYS/GIRLS \_\_\_\_\_

EVENT 1: \_\_\_\_\_

EVENT 2: \_\_\_\_\_

EVENT 3: \_\_\_\_\_

EVENT 4: \_\_\_\_\_

EVENT 5: \_\_\_\_\_

EVENT 6: \_\_\_\_\_

EVENT 7: \_\_\_\_\_

EVENT 8: \_\_\_\_\_

EVENT 9: \_\_\_\_\_

EVENT 10: \_\_\_\_\_

EVENT 11: \_\_\_\_\_

EVENT 12: \_\_\_\_\_

ATHLETES NAME: \_\_\_\_\_ REGISTRATION NUMBER \_\_\_\_\_

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AGE GROUP \_\_\_\_\_

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EVENT 11: \_\_\_\_\_

EVENT 12: \_\_\_\_\_

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EVENT 10: \_\_\_\_\_

EVENT 11: \_\_\_\_\_

EVENT 12: \_\_\_\_\_

Contact Name: \_\_\_\_\_ Contact Number: \_\_\_\_\_

Email Address: \_\_\_\_\_