



**19th Annual Gala Day**  
**9am Start – Sunday 25<sup>th</sup> November, 2018**  
**Ron Brown Sporting Complex, Park Road, East Nowra**

- Medals will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> placing in all events.
- Trophies will be awarded to all Tiny Tots and Feature Event U6 – U17.
- Breakfast served from 8 am. Hot Food and Refreshments all day.
- Athletes may go up an age group if the event is not offered in their own age group as long as weights do not differ.

<b>T/Tots</b>	70m	100m	L/Jump	F/Event	F/Event	Shot Put		
<b>U/6</b>	70m	<b>100m</b>	200m	<b>300m</b>		L/Jump	Shot Put	
<b>U/7</b>	70m	<b>100m</b>	200m	500m		L/Jump	<b>Discus</b>	
<b>U/8</b>	<b>100m</b>	<b>200m</b>	<b>400m</b>	700m		L/Jump	Discus	Shot Put
<b>U/9</b>	<b>100m</b>	200m	<b>400m</b>	800m		L/Jump	H/Jump	<b>Shot Put</b>
<b>U/10</b>	100m	<b>200m</b>	400m	<b>800m</b>		H/Jump	Discus	Shot Put
<b>U/11</b>	100m	200m	400m	<b>800m</b>		L/Jump	Discus	<b>Shot Put</b>
<b>U/12</b>	100m	200m	400m	<b>800m</b>		<b>H/Jump</b>	Discus	Shot Put
<b>U/13</b>	100m	200m	400m	<b>800m</b>		L/Jump	<b>Discus</b>	<b>Javelin</b>
<b>U/14</b>	100m	200m	400m	<b>800m</b>	T/Jump	<b>H/Jump</b>	Shot Put	<b>Javelin</b>
<b>U/15</b>	100m	200m	400m	<b>800m</b>		L/Jump	<b>Discus</b>	<b>Javelin</b>
<b>U/17</b>	100m	200m	400m	<b>800m</b>	T/Jump	H/Jump	<b>Discus</b>	<b>Javelin</b>

**1500m (U/10-U/12 Junior) (U/13-U/17 Senior) FIRST EVENT**

- **\*Mid South Coast Grand Prix events shown in Bold\***

Athletes Name	REGO #	SEX	AGE	Tiny Tots	70m	100m	200m	300m	400m	500m	700m	800m	1500m	L/Jump	T/Jump	Discus	Shot Put	H/Jump	Javelin	⌘		

**Post entries to:**  
**Shoalhaven Gala Day**  
**PO Box 819**  
**NOWRA NSW 2541**  
**By 16<sup>th</sup> November, 2018**

**Contact Person : Name**  
  
**Centre:**  
**Phone: Email:**