



# ALBION PARK LITTLE ATHLETICS CARNIVAL

## Sunday 28th October 2018

First call 8:45am. Breakfast from 8am.

John O'Dwyer Oval, Croom Regional Sporting Complex, Croom Road, Albion Park

### Early Bird Entries close Monday 22nd October 2018

**EARLY BIRD COST:** \$3.50 per event OR \$20 all events (u6-u17) by Monday 22nd October

**ON THE DAY COST:** \$4.50 per event OR \$25 for all events (u6-u17)

**TINY TOTS:** \$10 prior to OR on the day

**APLAC ATHLETES COST:** \$10 for all events EARLY BIRD or \$15 on the day.

#### 3 WAYS TO ENTER:

1. **EARLY BIRD** Email entry to [info@aplac.org.au](mailto:info@aplac.org.au) pay via direct deposit to Albion Park Little Athletics, BSB 802124, Acct 100015702, Reference: Athlete name
2. **EARLY BIRD** Submit entry at APLAC Friday nights, pay cash or cheque/money order -
3. **ON THE DAY COST** Enter on the day, cash only

**AWARDS:** Medals awarded to 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> placing in all events except feature events. Trophies awarded to all Tiny Tots and Feature events for 1<sup>st</sup> place u6-u17 only. Participation ribbons to all non-medalling athletes.

Multiclass (Disability) athletes need a minimum of provisional classification to be eligible for medals. M/C athletes will be awarded 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> placings in age groups u6/7/8, u9/10, u11/12, u13/14 & u15/17 based on highest percentages as per the current MDS. For more information on this please email [crystal.woll@hotmail.com](mailto:crystal.woll@hotmail.com). Feature event trophies will be awarded for the same age groups.

**CONDITIONS:** Track Events will have no heats, but are timed finals. Placings will be given on fastest times. Athletes may go up an age group if the event is not offered in their age group as long as specifications (eg. weights) do not differ. In keeping with the spirit of the day no protests will be considered.

**AGE MANAGERS:** We will need these on the day for each age group, any parent who does, will receive a free lunch voucher.

**AGE**            **EVENTS**    (Mid South Coast Grand Prix events are in **bold**)

|            |             |             |             |              |                 |                 |               |
|------------|-------------|-------------|-------------|--------------|-----------------|-----------------|---------------|
| Tint Tots  | 60m         | 70m         | Throwing    | L/Jump       | Play activities |                 |               |
| U6         | 70m         | 100m        | <b>200m</b> | 300m         | L/Jump          | <b>Shot Put</b> |               |
| U7         | 70m         | 100m        | <b>200m</b> | <b>500m</b>  | L/Jump          | Discus          |               |
| U8         | 70m         | 100m        | 200m        | <b>700m</b>  | <b>L/Jump</b>   | Discus          |               |
| U9         | 70m         | 100m        | 200m        | <b>800m</b>  | <b>H/Jump</b>   | Shot Put        |               |
| Multiclass | 100m        | 200m        | 800m (u9+)  |              | L/Jump          | Shot Put        | Discus        |
| U10        | 70m         | 100m        | 400m        | 800m         | <b>L/Jump</b>   | Discus          | <b>H/Jump</b> |
| U11        | <b>100m</b> | 200m        | <b>400m</b> | <b>1500m</b> | Discus          | <b>H/Jump</b>   | Javelin       |
| U12        | 100m        | <b>200m</b> | 400m        | <b>1500m</b> | Shot Put        | <b>L/Jump</b>   | Discus        |
| U13        | <b>100m</b> | 200m        | 800m        | <b>1500m</b> | Shot Put        | <b>H/Jump</b>   | T/Jump        |
| U14        | 100m        | <b>200m</b> | 800m        | <b>1500m</b> | <b>L/Jump</b>   | Discus          | <b>T/Jump</b> |
| U15        | <b>100m</b> | 200m        | 400m        | <b>1500m</b> | Shot Put        | L/Jump          | <b>H/Jump</b> |
| U17        | <b>100m</b> | 200m        | 400m        | <b>1500m</b> | Discus          | L/Jump          | <b>H/Jump</b> |

