



ALBION PARK LITTLE ATHLETICS CARNIVAL

Sunday 29th October 2023

First call 8:45am. Breakfast from 8am. APLAC team photo 8.40am
John O'Dwyer Oval, Croom Regional Sporting Complex, Croom Road, Albion Park

Entries close Friday 27th October 2023

ENTRY COST: \$5 per event or \$30 all age group events **APLAC athletes:** \$15 all events **TINY TOTS:** \$10

NO ON THE DAY ENTRIES WILL BE TAKEN. ENTRIES CLOSE 5pm

HOW TO ENTER: 1. Email entry to carnival@aplac.org.au pay via direct deposit to Albion Park Little Athletics, BSB 633000, Acct 168602993, Reference: Athlete name
2. Submit entry at APLAC Friday nights & pay cash

AWARDS: Medals awarded to 1st, 2nd, 3rd placing in all events except feature events. Trophies awarded to all Tiny Tots and Feature events for 1st place u6-u17 only.

Multiclass (Disability) athletes need a minimum of provisional classification to be eligible for medals. M/C athletes will be awarded 1st, 2nd, and 3rd placings in age groups u6/7/8, u9/10, u11/12, u13/14 & u15/17 based on highest percentages as per the current Baseline performance. 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	EVENTS (Mid South Coast Grand Prix events are in bold . Feature events are <u>underlined</u>)						
Tiny Tots	60m	70m	Throwing	L/Jump	Play activities		
U6	70m	100m	200m	300m	L/Jump	Shot Put	
U7	70m	100m	200m	500m	<u>L/Jump</u>	Discus	
U8	<u>70m</u>	100m	200m	700m	L/Jump	Discus	
U9	70m	100m	200m	800m	H/Jump	Shot Put	
Multiclass	<u>100m</u>	200m	400m	800m(u9+)	L/Jump	Shot Put	
U10	70m	100m	400m	800m	L/Jump	Discus	H/Jump
U11	100m	200m	400m	1500m	Discus	H/Jump	Javelin
U12	100m	200m	400m	1500m	Shot Put	L/Jump	<u>Discus</u>
U13	100m	200m	800m	1500m	<u>Shot Put</u>	H/Jump	T/Jump
U14	100m	200m	800m	1500m	L/Jump	Discus	T/Jump
U15	<u>100m</u>	200m	400m	1500m	Shot Put	L/Jump	H/Jump
U17	100m	200m	400m	<u>1500m</u>	Discus	L/Jump	H/Jump



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Athlete Name	Rego No.	G/B	Age Group	M/C (tick)	EVENT 1	EVENT 2	EVENT 3	EVENT 4	EVENT 5	EVENT 6	EVENT 7	Cost

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

CONTACT DETAILS:

Club	
Name	
Phone	
Email	
Entry Method (circle)	Email In Person @ club night
Payment Method	EFT Cash



Bendigo Bank

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CHARTERED ACCOUNTANTS