

STATE MULTI-EVENT CHAMPIONSHIPS

The State Multi-Event Championships are held on the first full weekend in March each year at a Country venue. This season the Championships are being held in **Lismore on March 7 & 8, 2009**. Athletes participate in ALL of the events on offer for their particular age group. Performances for all events are allocated points, based on the LAANSW Multi-Event pointscore system. The points are then added together to determine final results.

Further details and the list of events for each age group can be found www.laansw.com.au then click on competitions/championships/State Multi Event Championships.

Entries close on **Wednesday, February 11, 2009**.

STATE MULTI-EVENT

Hosted by: Lismore Little Athletics

VENUE: Riverview Park, Bruxner Hwy, South Lismore

- Event to be conducted with full range of disciplines
- Age Groups: U7 - U17 Boys and Girls, all open entry
- Minimum age to compete is U7
- State selection trials for U15 competitors for National Championships
- First events for all age groups: 9.30am - Saturday, March 7, 2009
- Only \$10.00 per competitor

Make sure you see your Centre early (or register online), as entries close at the Association Office on Wednesday, February 11, 2009 at 5:00pm.

1. Closing date for entries, Wednesday, February 11, 2009. NO LATE ENTRIES. Faxed entries will only be accepted on the form with credit card details.
2. Individuals may enter online at www.littleathletics.com.au. Centre entry forms will only be accepted from the Centre (no individuals).
3. Numbers: Individual Registration numbers on front of uniform, Centre numbers on back.
4. Awards: 1st, 2nd, 3rd Placegetters to receive medals, all other competitors to receive certificates.
5. Events are as follows:

U7 Boys & Girls	50m; 100m; pack start; long jump; shot put; discus
U8 Boys & Girls	70m; 200m; pack start; long jump; shot put; discus
U9 Boys & Girls	100m; 60m hurdles; 800m; long jump; shot put; discus
U10 Boys & Girls	200m; 60m hurdles; 800m; long jump; shot put; discus
U11 Boys & Girls	100m; 60m hurdles; 800m; long jump; shot put; discus
U12 Boys & Girls	200m; 60m hurdles; 800m; long jump; shot put; discus
U13 Boys & Girls	100m; 80m hurdles; 800m; long jump; shot put; discus
U14 Girls	200m; 80m hurdles; 800m; long jump; shot put; discus
U14 Boys	200m; 90m hurdles; 800m; long jump; shot put; discus
U15 Girls	100m; 90m hurdles; 800m; long jump; shot put; discus
U15 Boys	100m; 100m hurdles; 800m; long jump; shot put; discus
U17 Girls	200m; 100m hurdles; 800m; long jump; shot put; discus
U17 Boys	200m; 110m hurdles; 800m; long jump; shot put; discus