



DOONSIDE LITTLE ATHLETICS CENTRE INC

PO BOX 434 DOONSIDE 2767

Website: www.doonsidelac.com

Saturday 16th October 2010

Doonside Little athletics Centre invites you to our Annual Twilight Gala day to be held on Saturday 16th October 2010, starting at 1pm at Charlie Bali Reserve, (Formerly Kareela West Reserve) off Knox Road Doonside.

*****PLEASE NOTE: JAVELIN and WALKS WILL START AT 12.00 Midday SHARP*****

EVENTS

| | | | | | | | |
|----------|------|-------|-----------|------------|-----------|-----------|---------|
| Under 6 | 50m | 100m | 300m (PS) | Discus | | | |
| Under 7 | 70m | 200m | 500m (PS) | Shot Put | Long Jump | | |
| Under 8 | 100m | 60m H | 700m (PS) | Discus | Long Jump | | |
| Under 9 | 100m | 400m | 800m | 700m Walk | Shot Put | High Jump | |
| Under 10 | 100m | 200m | 1500m | 60m H | Long Jump | Discus | |
| Under 11 | 100m | 400m | 800m | 1100m Walk | High Jump | Shot Put | |
| Under 12 | 100m | 200m | 1500m | 60m H | Long Jump | Discus | |
| Under 13 | 100m | 400m | 800m | 1500m Walk | Shot Put | High Jump | Javelin |
| Under 14 | 100m | 200m | 1500m | 80/90 H | Discus | Long Jump | |
| Under 15 | 100m | 400m | 800m | 1500m Walk | Shot Put | High Jump | Javelin |
| Under 17 | 100m | 400m | 800m | 1500m Walk | Shot Put | High Jump | Javelin |

Please Note: 1. Javelin and walks will start at 12.00 midday.

2. Athletes may only compete up an age group if the event is not offered in their age group and the weights, heights and distances are the same.

3. A trophy event will be chosen on the day and given for first place in that event.

Maximum of 4 events per athlete

Entry Fee \$8-00 per athlete.

Full canteen and BBQ facilities available

Medals for 1st, 2nd and 3rd places in finals

Participation ribbons will be given to every athlete

ENTRIES CLOSE ON MONDAY 11th October 2010

NO LATE ENTRIES AND NO ENTRIES ON THE DAY.

ENQUIRIES: Forward entry forms and payments to:

Doonside Little Athletics Centre Inc

17 Ophelia Place Oakhurst NSW 2761

Enquiries: Donna Dhu

Championship Officer

Ph: 0425284737

donnadhu@iprimus.com.au or

donnadhu@bigpond.com

PLEASE NOTE:

If you chose to go up an age group for an event and a clash occurs, you will have to decide which event to do, as the program will not be held up at anytime. Thank you

DOONSIDE LITTLE ATHLETICS CENTRE

TINY TOTS GALA DAY

Doonside Little Athletics Centre would like to invite all registered Tiny Tot athletes to come along to our Annual Twilight Gala Day, to be held on Saturday 16th October 2010 at Charlie Bali Reserve, off Knox Road Doonside NSW

Tiny Tots fun activities will commence around 1-30pm.

Medals and participation ribbons will be given to all of our Tiny tots at the conclusion of all of these activities.

Cost is \$5-00 per TinyTot

Come along and have some fun.

Entries close Monday 11th October 2010.
Please forward entry forms and money to
Doonside Little Athletics Centre
17 Ophelia Place Oakhurst NSW 2761

Enquiries can be made to Donna Dhu Championship Officer
on 0425284737 or donnadhu@iprimus.com.au

Thank you