

# Lake Illawarra Little Athletics Assoc. Inc.

## October Carnival



**Where:** Myimbarr Community Park (Wattle Road, Flinders)

**When:** Sunday 10 October 2010.

**Time:** Carnival Starts 9.30am (Late Entries Taken From 8.00am – Breakfast Available)

**Cost:** \$3-50 Per Event (or 6 Events \$20.00) **Late Fee:** \$5-50 Per Event (or 6 Events \$30.00)

**Tiny Tots:** \$10.00 (Participation Award To All Tiny Tots)

**Medals:** For 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Placings In All Events

**Pre Carnival Entry Closing Date:** (6<sup>th</sup> October 2010)

All track event medals given on times. No finals will be run. Participation ribbons for all placings in all events.

There is no limit to number of events an athlete can enter.

Athletes may go up an Age Group to compete in an event **not** available in their own Age Group **as long as specifications (eg Weights) do not differ.**

In keeping with the spirit of the day **NO PROTESTS** will be considered.

Tiny Tots	50m	70m	200m pack start	Long Jump	Shot Put	Discus			
Under 6	70m	100m	200m	300m	Long Jump	Shot Put	Discus		
Under 7	70m	100m	200m	500m	Long Jump	Shot Put	Discus		
Under 8	60m/h	100m	200m	700m	Long Jump	Shot Put	Discus		
Under 9	60m/h	100m	200m	800m	High Jump	Shot Put	Discus		
Under 10	60m/h	100m	200m	400m	1500m	Long Jump	Shot Put	Discus	
Under 11	60m/h	100m	200m	800m	High Jump	Triple Jump	Shot Put	Discus	
Under 12	60m/h	100m	200m	400m	1500m	Long Jump	Shot Put	Discus	Javelin
Under 13	80m/h	100m	200m	800m	Triple Jump	High Jump	Shot Put	Discus	Javelin
Under 14	80-90m/h	100m	200m	400m	1500m	Long Jump	Shot Put	Discus	Javelin
Under 15	90-100m/h	100m	200m	800m	Triple Jump	High Jump	Shot Put	Discus	Javelin
Under 17+	100-110m/h	100m	200m	400m	1500m	Long Jump	Shot Put	Discus	Javelin
Opens	60m	100m	200m	800m	3000m	Triple Jump	High Jump	Shot Put	Javelin

\*3000m Event in the OPENS is opened to LAANSW registered athletes in the Under 13, 14, 15 and 17's as well as any ANSW registered athletes.

(ANSW athletes under the age of 13 must show proof of registration before they can compete in the 3000m

\* 60m Event in the OPENS is opened to all Athletes regardless of Age.

Under 17's may compete in the Triple Jump and High Jump

OPENS EVENTS ARE FOR ATHLETES REGISTERED WITH ATHLETICS NSW ONLY with the exception of the above.

**Enquiries:** Phone Howard McGarry on 02 4296 7319 or

**E-mail** [hmcgarry@bigpond.net.au](mailto:hmcgarry@bigpond.net.au)

**Mail Entries To:** LILAC. October Carnival

PO Box 251, Warilla 2528

Postal entries to be paid by cheque or money order only (please don't send any cash)

**Entry Form also available at:** [www.lilac.net.au](http://www.lilac.net.au)

