

Lake Illawarra Little Athletics Assoc. Inc.

Summer Carnival



Where: Myimbarr Community Park, Wattle Road, Flinders

When: Sunday 9th January 2011

Time: Carnival Starts 9.30am (Late Entries Taken From 7.30am - 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 1st, 2nd and 3rd Placings In All Events

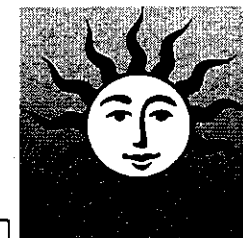
All track event medals given on times. No finals will be run. Participation ribbons for all placings in all events. There is no limit to number of events an athlete can enter. Athletes may go up an Age Group to compete in an event **not** available in their own Age Group as long as specifications (eg Weights) do not differ.

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

Pre Carnival Entry Closing Date: (5th January 2011) - No Refunds

Events in Bold indicate Mid South Coast Zone Grand Prix Events

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



*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.

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

Mail Entries To: LILAC. Summer Carnival

PO Box 251, Warilla 2528

Entry Form also available at: www.lilac.net.au

