

Liverpool City  
Little Athletics Centre



## SUNDAY 24th OCTOBER 2010

NOW INCLUDING AWD EVENTS!!!

**\*Entries close Wednesday, 13th October**

**\*First call 8.45 am First event 9.00am**

**\*Entry fee: \$10.00 per athlete (non refundable) \*Maximum of 4 events**

\*All athletes to complete entry form with accompanying entry fee. Local rules apply on the day. \*All competitors must be registered with LAANSW and must wear centre / club uniforms with LAANSW registration numbers and age patches. Shoes must be worn in all events.

\* Athletes may compete **one** age up in events if the events are not available in their age group and **ONLY** in events that share the same LAANSW specifications. The back of this flyer shows **all** events that can be entered by each age group.

\* Athletes will not be allowed to change events on the day of competition.

\* Entry forms must be completed in full or will not be accepted.

\* Placings on times only – NO FINALS WILL BE RUN. NO PROTEST will be taken.

### Event Program:

**Tiny Tots** 4 activity events – Participation ribbons for all Tiny Tots - no medals/ trophies

<b>U6</b>	70M	100M	300M	Long Jump		
<b>U7</b>	70M	100M	200M	Shot Put	Long Jump	
<b>U8</b>	100M	200M	400M	Long Jump	Discus *	
<b>U9</b>	100M	800M	60m Hurdles	High Jump	Shot Put *	
<b>U10</b>	100M	200M	400M	Discus	Long Jump	
<b>U11</b>	100M	800M	Shot Put	60M Hurdles	Long Jump	High Jump
<b>U12</b>	200M	400M	1500M	60M Hurdles	Triple Jump	Discus
<b>U13</b>	100M	800M	Shot Put *	High Jump	Long Jump	Javelin
<b>U14</b>	200M	400M	1500M	80/90M H *	Discus	Triple Jump
<b>U15</b>	100M	800M	Shot Put	High Jump	Long Jump	Javelin
<b>U17 **</b>	100M	800M	400M	Shot Put	Long Jump	Discus
<b>AWD</b>	<b>50M</b>	<b>100M</b>	Long Jump	Shot Put		
<b>OPEN</b>	3000M	Only for U13 to U17				

\* **Under 7 MAY NOT** compete in Under 8 Discus (500g)

\* **Under 8 MAY NOT** compete in Under 9 Shot Put (1.5kg)

\* **Under 12 MAY NOT** compete in Under 13 Shot Put (3kg)

\* **Under 13 MAY NOT** compete in Under 14 Hurdles (80m)

**\*MEDALS FOR 1<sup>ST</sup> THREE PLACEGETTERS – TROPHIES FOR WINNERS IN FEATURE EVENTS.** Feature events will be decided on the day by ballot.

**\*Entries to be forwarded to:** The Championships Officer  
Liverpool City Little Athletics Centre PO BOX 31, CASULA NSW 2170

In the event of rain please call 0412 850 84

## FULL LIST OF EVENTS AVAILABLE FOR EACH AGE GROUP.

<b>U6</b>	70M	100M	300M	Long Jump			U7 200M						
<b>U7</b>	70M	100M	200M	Shot Put	Long Jump								
<b>U8</b>	100M	200M	400M	Long Jump	Discus		U9 60m Hurdles						
<b>U9</b>	100M	800M	60m Hurdles	High Jump	Shot Put		U10 200M	U10 400M	U10 Discus	U10 Long Jump			
<b>U10</b>	100M	200M	400M	Discus	Long Jump		U11 800M	U11 Shot Put	U11 60M Hurdles	U11 High Jump			
<b>U11</b>	100M	800M	Shot Put	60M Hurdles	Long Jump	High Jump	U12 200M	U12 400M	U12 1500M	U12 Triple Jump	U12 Discus		
<b>U12</b>	200M	400M	1500M	60M Hurdles	Triple Jump	Discus	U13 100M	U13 800M	U13 High Jump	U13 Long Jump	<b>U13 BOYS ONLY</b> Shot (3kg)		
<b>U13</b>	100M	800M	Shot Put	High Jump	Long Jump	Javelin	U14 200M	U14 400M	U14 1500M	<b>U14 GIRLS ONLY</b> 80M Hurdles	U14 Triple Jump		
<b>U14</b>	200M	400M	1500M	80/90M Hurdles	Discus	Triple Jump	U15 100M	U15 800M	U15 Shot Put	U15 High Jump	U15 Long Jump	U15 Javelin	
<b>U15</b>	100M	800M	Shot Put	High Jump	Long Jump	Javelin	U17 200M	U17 Long Jump	U17 400M	U17 Discus			
<b>U16/17</b>	100M	800M	Shot Put	High Jump	Long Jump	Discus							
<b>AWD</b>	50M	100M	Long Jump	Shot Put									
<b>OPEN</b>	3000M	Only for U13 to U17											

Children may only enter the events that appear on the same line as their age group, except for the 3000m, which can only be entered by U13, U14, U15 and U17 ages. U17 events may only be entered by ANSW registered athletes.

