



14th Annual Gala Day

9 am Start – Sunday 2nd February, 2014

Ron Brown Sporting Complex, Park Road, East Nowra

<http://www.shoalhavenlac.org.au/>

- Medals will be awarded for 1st, 2nd and 3rd placing in all events.
- Trophies will be awarded to all Tiny Tots and Feature Event U6 – U17.
- Breakfast served from 8 am. Hot Food and Refreshments all day.
- Athletes may go up an age group if the event is not offered in their own age group as long as weights do not differ.

Our carnival is a fun day out with an early finish for those travelling.

T/Tots	70m	100m	L/Jump	F/Event	F/Event	Shot Put		
U/6	70m	100m	200m	300m		L/Jump	Shot Put	
U/7	70m	100m	200m	500m		L/Jump	Discus	
U/8	100m	200m	400m	700m		L/Jump	Discus	Shot Put
U/9	100m	200m	400m	800m		L/Jump	H/Jump	Shot Put
U/10	100m	200m	400m	800m		H/Jump	Discus	Shot Put
U/11	100m	200m	400m	800m		L/Jump	Discus	Shot Put
U/12	100m	200m	400m	800m		H/Jump	Discus	Shot Put
U/13	100m	200m	400m	800m		L/Jump	Discus	Javelin
U/14	100m	200m	400m	800m	T/Jump	H/Jump	Shot Put	Javelin
U/15	100m	200m	400m	800m		L/Jump	Discus	Javelin
U/17	100m	200m	400m	800m	T/Jump	H/Jump	Discus	Javelin

1500m (U/10-U/12 Junior) (U/13-U/17 Senior) FIRST EVENT

- 4 x 100m Fun Relays will be run at the conclusion of the program.
- ***Mid South Coast Grand Prix events shown in Bold***

Tiny-Tots - \$10.00 for all events by post Sun 26 January 2014 or
\$15.00 on the day

U/6 to U/17 - \$4.00 per event or 6 events for \$20 by post Sun 26
January 2014 or \$5.00 on the day per event or 6 events for \$25

Wet Weather Phone: 0400 681 159

Enquiries to: slac120@hotmail.com

**Send entries to: Shoalhaven Gala Day PO Box 819 NOWRA NSW
2541 by 26 January 2014, Cheque or Money order only**

Athletes Name	REGO #	SEX	AGE	Tiny Tots	70m	100m	200m	300m	400m	500m	700m	800m	1500m	L/Jump	T/Jump	Discus	Shot Put	H/Jump	Javelin	\$

Post entries to:
 Shoalhaven Gala Day
 PO Box 819
 NOWRA NSW 2541
 By 26th January, 2014

Contact Person

Centre:..... No.....

Name:

Phone:

Email: