



## 20<sup>th</sup> Annual Gala Day

9am – Sunday 24<sup>th</sup> November 2019

First call 8.45am

Breakfast and late regos from 8am

Ron Brown Sporting Complex, Park Road, East Nowra

Early Bird Entries Close Thursday 21<sup>st</sup> November 2019

Early Bird: \$5 per event or \$25 for all events

On the day cost: \$6 per event or \$35 for all events (cash only)

Early Bird Family Rate: \$70 all events for 3 or more siblings.

Entries: Email to [shoalhavenoffice@gmail.com](mailto:shoalhavenoffice@gmail.com)

Payment: BSB 633108

Acct 14710666 Reference: Athlete names

- Medals will be awarded to all 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places in all events. Participation Ribbons for all other athletes. Tiny Tots will receive a medal and lanyard.
- Trophies will be awarded for the feature event U6-17's
- Hot Coffee, hot food and refreshments will be available all day.
- Athletes may go up an age group if an event is not offered in their own age group. Provided weights DO NOT differ.
- Age Managers, Canteen/BBQ helpers will be given a free lunch voucher.

T/Tots	70m	100m	L/Jump	F/Event	F/Event	Shot Put			
Multiclass	100m	200m	400m	L/Jump	Discus	Shotput			
U6	70m	<b>100m</b>	200m	<b>300m</b>	Shotput	L/Jump			
U7	70m	<b>100m</b>	200m	500m	<b>Discus</b>	L/Jump			
U8	<b>100m</b>	<b>200m</b>	<b>400m</b>	700m	L/Jump	Shotput	Discus		
U9	<b>100m</b>	200m	<b>400m</b>	800m	L/Jump	H/Jump	<b>Shotput</b>		
U10	100m	<b>200m</b>	400m	<b>800m</b>	H/Jump	Discus	Shotput		1500m
U11	100m	200m	400m	<b>800m</b>	L/Jump	Discus	<b>Shotput</b>		1500m
U12	100m	200m	400m	<b>800m</b>	<b>H/Jump</b>	Discus	Shotput		1500m
U13	100m	200m	400m	<b>800m</b>	L/Jump	<b>Discus</b>	<b>Javelin</b>		1500m
U14	100m	200m	400m	<b>800m</b>	T/Jump	<b>H/Jump</b>	Shotput	<b>Javelin</b>	1500m
U15	100m	200m	400m	<b>800m</b>	L/Jump	<b>Discus</b>	<b>Javelin</b>		1500m
U17	100m	200m	400m	<b>800m</b>	T/Jump	H/Jump	<b>Discus</b>	<b>Javelin</b>	1500m

1500m Will be the first event of the day run in U10-12 and U13-17

- Mid South Coast Grand Prix Events are in bold.
- Programs available on the day for \$2



## ENTRY FORM

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Early Bird \$5 per event or \$25 for all events

Late Entries \$6 per events or \$35 for all events (cash only)

Early Bird Family fee \$70 for all events 3 or more siblings.

Entries: [shoalhavenoffice@gmail.com](mailto:shoalhavenoffice@gmail.com)

Payment: BSB 633108

Acct 140710666 Reference Athlete name.

Athlete Name	Rego No	G/B	M/C	Event 1	Event 2	Event 3	Event 4	Event 5	Event 6	Event 7	Event 8

Contact Name-----Contact Number-----

Contact Email-----

Club Name-----