



## 10th ANNUAL GALA DAY

9 am Start - February 14, 2010

**Ron Brown Sporting Complex, Park Road, East Nowra**

Medals will be awarded for placings in all events . Feature Events

Breakfast served from 8 a.m. Hot Food and Refreshments all day.

Athletes may go up an age group if the event is not offered and

Weights do not change.

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

| T/TOTS |             | THROWS      | RUNS        |             |        | JUMPS         |               |                |
|--------|-------------|-------------|-------------|-------------|--------|---------------|---------------|----------------|
| U/6    | 70M         | <b>100M</b> | 200M        | <b>300M</b> |        | L/JUMP        |               | SHOT           |
| U/7    | 70M         | <b>100M</b> | 200M        | 500M        |        | L/JUMP        | <b>DISCUS</b> |                |
| U/8    | <b>100M</b> | <b>200M</b> | <b>400M</b> | 700M        |        | L/JUMP        | DISCUS        | SHOT           |
| U/9    | <b>100M</b> | 200M        | <b>400M</b> | 800M        |        | L/JUMP        | H/JUMP        | <b>SHOT</b>    |
| U/10   | 100M        | <b>200M</b> | 400M        | <b>800M</b> |        | H/JUMP        | DISCUS        | SHOT           |
| U/11   | 100M        | 200M        | 400M        | <b>800M</b> |        | L/JUMP        | DISCUS        | <b>SHOT</b>    |
| U/12   | 100M        | 200M        | 400M        | <b>800M</b> |        | <b>H/JUMP</b> | DISCUS        | SHOT           |
| U/13   | 100M        | 200M        | 400M        | <b>800M</b> |        | L/JUMP        | <b>DISCUS</b> | <b>JAVELIN</b> |
| U/14   | 100M        | 200M        | 400M        | <b>800M</b> | TRIPLE | <b>H/JUMP</b> | SHOT          | <b>JAVELIN</b> |
| U/15   | 100M        | 200M        | 400M        | <b>800M</b> |        | L/JUMP        | <b>DISCUS</b> | <b>JAVELIN</b> |
| U/17   | 100M        | 200M        | 400M        | <b>800M</b> | TRIPLE | H/JUMP        | <b>DISCUS</b> | <b>JAVELIN</b> |

**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 \$6.00 for all events by post or \$10.00 on the day

U/6 to U/17 \$3.00 per event by post or \$4.00 on the day

| FAMILY NAME | REGO | SEX | AGE | CLUB | 70M | 100M | 200M | 300M | 400M | 500M | 700M | 800M | 1500M | LONG | TRIPLE | DISCUS | SHOT | HIGH | JAVELIN | \$ |
|-------------|------|-----|-----|------|-----|------|------|------|------|------|------|------|-------|------|--------|--------|------|------|---------|----|
| YOUR NAME   |      |     |     |      |     |      |      |      |      |      |      |      |       |      |        |        |      |      |         |    |
|             |      |     |     |      |     |      |      |      |      |      |      |      |       |      |        |        |      |      |         |    |
|             |      |     |     |      |     |      |      |      |      |      |      |      |       |      |        |        |      |      |         |    |
|             |      |     |     |      |     |      |      |      |      |      |      |      |       |      |        |        |      |      |         |    |
|             |      |     |     |      |     |      |      |      |      |      |      |      |       |      |        |        |      |      |         |    |
|             |      |     |     |      |     |      |      |      |      |      |      |      |       |      |        |        |      |      |         |    |

INFO PHONE 0401 531 338

Enquiries to Stephen 0413 480 566 or [stephencooke@mmnet.com.au](mailto:stephencooke@mmnet.com.au)

Send entries to Shoalhaven Gala Day PO Box 819 NOWRA NSW 2541 by  
February 10, 2010