



11th ANNUAL GALA DAY

9 am Start – Sunday 6th February, 2011

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	100M	200M	300M		L/JUMP		SHOT
U/7	70M	100M	200M	500M		L/JUMP	DISCUS	
U/8	100M	200M	400M	700M		L/JUMP	DISCUS	SHOT
U/9	100M	200M	400M	800M		L/JUMP	H/JUMP	SHOT
U/10	100M	200M	400M	800M		H/JUMP	DISCUS	SHOT
U/11	100M	200M	400M	800M		L/JUMP	DISCUS	SHOT
U/12	100M	200M	400M	800M		H/JUMP	DISCUS	SHOT
U/13	100M	200M	400M	800M		L/JUMP	DISCUS	JAVELIN
U/14	100M	200M	400M	800M	TRIPLE	H/JUMP	SHOT	JAVELIN
U/15	100M	200M	400M	800M		L/JUMP	DISCUS	JAVELIN
U/17	100M	200M	400M	800M	TRIPLE	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 \$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																				

WET WEATHER PHONE: 0401 531 338

Enquiries to: Tony 44213243 A/H or anthonyhush@bigpond.com

**Send entries to: Shoalhaven Gala Day PO Box 819 NOWRA NSW 2541 by
31 January, 2011**