



**12th ANNUAL GALA DAY**  
**9 am Start – Sunday 5<sup>th</sup> February, 2012**  
**Ron Brown Sporting Complex, Park Road, East Nowra**  
<http://www.shoalhavenlac.org.au/>

Medals will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> 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.**

<b>T/TOTS</b>		<b>THROWS</b>	<b>RUNS</b>			<b>JUMPS</b>		
<b>U/6</b>	70M	<b>100M</b>	200M	<b>300M</b>		L/JUMP		SHOT
<b>U/7</b>	70M	<b>100M</b>	200M	500M		L/JUMP	<b>DISCUS</b>	
<b>U/8</b>	<b>100M</b>	<b>200M</b>	<b>400M</b>	700M		L/JUMP	DISCUS	SHOT
<b>U/9</b>	<b>100M</b>	200M	<b>400M</b>	800M		L/JUMP	H/JUMP	<b>SHOT</b>
<b>U/10</b>	100M	<b>200M</b>	400M	<b>800M</b>		H/JUMP	DISCUS	SHOT
<b>U/11</b>	100M	200M	400M	<b>800M</b>		L/JUMP	DISCUS	<b>SHOT</b>
<b>U/12</b>	100M	200M	400M	<b>800M</b>		<b>H/JUMP</b>	DISCUS	SHOT
<b>U/13</b>	100M	200M	400M	<b>800M</b>		L/JUMP	<b>DISCUS</b>	<b>JAVELIN</b>
<b>U/14</b>	100M	200M	400M	<b>800M</b>	TRIPLE	<b>H/JUMP</b>	SHOT	<b>JAVELIN</b>
<b>U/15</b>	100M	200M	400M	<b>800M</b>		L/JUMP	<b>DISCUS</b>	<b>JAVELIN</b>
<b>U/17</b>	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 Fri 27 January 2012 or  
 \$10.00 on the day**

**U/6 to U/17 - \$3.00 per event by post Fri 27 January 2012 or  
 \$4.00 on the day per event**

**WET WEATHER PHONE: 0401 531 338**

**Enquiries to: Sue 0428237992 or Geoff 0432100027**

**Send entries to: Shoalhaven Gala Day PO Box 819 NOWRA NSW  
 2541 by 27 January, 2012**

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 27 January, 2012**

**CONTACT PERSON**

**CENTRE:**..... **No**.....

**NAME:** .....

**PHONE:** .....

**EMAIL:** .....