



## 13th Annual Gala Day

9 am Start – Sunday 10<sup>th</sup> February, 2013  
 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.

T/Tots	70m	100m	L/Jump	F/Event	F/Event	Shot Put		
<b>U/6</b>	70m	<b>100m</b>	200m	<b>300m</b>		L/Jump		Shot Put
<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 Put
<b>U/9</b>	<b>100m</b>	200m	<b>400m</b>	800m		L/Jump	H/Jump	<b>Shot Put</b>
<b>U/10</b>	100m	<b>200m</b>	400m	<b>800m</b>		H/Jump	Discus	Shot Put
<b>U/11</b>	100m	200m	400m	<b>800m</b>		L/Jump	Discus	<b>Shot Put</b>
<b>U/12</b>	100m	200m	400m	<b>800m</b>		<b>H/Jump</b>	Discus	Shot Put
<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>	T/Jump	<b>H/Jump</b>	Shot Put	<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>	T/Jump	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 25 January 2013 or  
 \$10.00 on the day

U/6 to U/17 - \$3.00 per event or 6 events for \$15 by post Fri 25 January  
 2013 or \$4.00 on the day per event

**Wet Weather Phone: 0400 681 159**

**Enquiries to: slac120@hotmail.com**

**Send entries to: Shoalhaven Gala Day PO Box 819 NOWRA NSW  
 2541 by 25 January, 2013**

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

**Post entries to:**  
**Shoalhaven Gala Day**  
**PO Box 819**  
**NOWRA NSW 2541**  
**By 25th January, 2013**

**Contact Person**

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

Name: .....

Phone: .....

Email: .....