

Armidale Combined Gala Day

Sunday 17th February 2019

Harris Park, ARMIDALE

- Our Gala Day is a fun day for all ages with no obligation to progress to further carnivals.
- Trophies/medallions will be presented to 1st, 2nd and 3rd in each age group point score, and will be presented at the end of the day.
- Please select (up to) 5 events to be nominated for your point score.
- NOTE: There is no event limit for Athletes, but you still need to nominate those events to be counted toward your point score (on the registration form below)
- **Cost is \$10 per athlete.**
- First call for events will be at **8.50 am** with the first events starting at **9:00 am**. Refer to program for event timing.
- Early registration is recommended because there may be long queues of visiting athletes on the morning of the gala day.

The following are the events offered at the Gala Day:

U6 B/G: 70m, 100m, 200m, 300m pack, long jump, shot put, discus
U7 B/G: 70m, 100m, 200m, 500m pack, long jump, shot put, discus
U8 B/G: 70m, 100m, 200m, 400m, 700m pack start, long jump, shot put, discus
U9 B/G: 70m, 100m, 200m, 400m, 800m, long jump, high jump, shot put, discus
U10 B/G: 70m, 100m, 200m, 400m, 800m, long jump, high jump, shot put, discus
U11 & U12 B/G: 100m, 200m, 400m, 800m, 1500m, long jump, triple jump, high jump, shot put, discus, javelin
U13 - U15 G&B 100m, 200m, 400m, 800m, 1500m, 3000m, long, triple, high jump, shot, discus, javelin
U17B/G 100m, 200m, 400m, 800m, 1500m, 3000m, long, triple, high jump, shot, discus, javelin, hammer, heavy wt.
Under 20s 100m, 200m, 400m, 800m, 1500m, 3000m, long, triple, high jump, shot, discus, javelin, hammer, heavy wt.
Open M/F to Vets 70m, 100m, 200m, 400m, 800m, 1500m, 3000m, long, triple, high jump, shot, discus, javelin, hammer, heavy wt.

Age Group Rules

- Under 6 age group - those athletes who on Dec 31 2018, were 5
- Under 7 age group – those athletes who on Dec 31 2018, were 6
- Under 8 age group – those athletes who on Dec 31 2018, were 7
- Under 9 age group – those athletes who on Dec 31 2018, were 8
- Under 10 age group – those athletes who on Dec 31 2018, were 9
- Under 11 age group – those athletes who on Dec 31 2018, were 10
- Under 12 age group – those athletes who on Dec 31 2018, were 11
- Under 13 age group – those athletes who on Dec 31 2018, were 12
- Under 14 age group – those athletes who on Dec 31 2018, were 13
- Under 15 age group – those athletes who on Dec 31 2018, were 14
- Under 16 age group – those athletes who on Dec 31 2018, were 15
- Under 18 age group – those athletes who on Dec 31st 2019, were 17
- Under 20 age group - those athletes who on Dec 31st 2019, were 18 or 19
- Open age group – those athletes who on Dec 31st 2019, were 20 to 34
- Masters age group – those athletes who on the gala day, are 35-49
- Veterans age group – those athletes who on the gala day are 50+

Armidale Gala Day Registration Form

Name: Male or female

Age Group: Rego Number: Centre:

Events selected

1. 2.

3. 4.

5. NB: These nominated events are final

Nomination can be emailed to registrarala28@gmail.com and payment can be made online at: Regional Australia Bank BSB 932000 A/c 616968. Please include athlete's name and "gala day" in the comments so we can sync the payment and nomination.