

# Armidale Combined Gala Day

Harris Park, Kirkwood Street, Armidale

Sunday 17th February 2019

**Registrations from 8:30am**

**Block 1 Start: 9am**

## Age Groups

U6 to U17 years LAA age rulings apply

U18 to Opens age on 31<sup>st</sup> Dec 2019

Masters/Vets age on the day

## Please Note:

- Athletes compete at their own risk
- Events may be called out of order
- Depending on numbers attending, some ages may be combined into one group
- Athletes may participate in up to 5 events for trophy pointscore
- Entry Cost \$10
- 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> each age group will be presented with a medallion or trophy
- The Roberts and Morrow BEST ON GROUND award will be made to the athlete in the u17yrs division or older with the highest achievements during the carnival
- For Senior Club Athletes, the 100m, 800m, Triple Jump & Discus count toward the Regional Australia Bank Super Series Pointscore.

## Sponsored by



*Note once you nominate your events, they cannot be amended.*

## Please Note:

Official Club Uniform, Number and Footwear must be worn at all times.

The Carnival will be conducted under the rules of LAA and ANSW, and local rules as they apply.

Athletes can only compete in their own age groups.

If there are a small number of entrants in an event, the heat will run as a final.

Track events will take precedence over field events. If events clash, the athletes must report to the field event first.

Athletes must record their names at the field events before the third call and before doing track events.

In all field events except high jump, the competition will be best of three attempts.

If heats are required, qualification is from heats to final will be:

2 heats - 1st 4 to final

3 heats - 1st 2 to final, then next fastest 2 times

4 heats - 1st 2 to final

The Judges decision will be final.

**Good Luck in your events and we hope that  
you have a very enjoyable day**

<b>TRACK MORNING 9am Start</b>	<b>FIELD MORNING 9am Start</b>	<b>TRACK AFTERNOON</b>	<b>FIELD AFTERNOON</b>
<b>3000m*</b> : U13 to Vets M&F  <b>70m</b> : U6 to U10, Masters & Vets M&F	<b>High Jump</b> : U9, U10 M&F <b>Shot Put</b> : U11, U12 M&F <b>Triple Jump</b> : U13 to U17 M&F <b>Hammer</b> : U17 to Vets M&F <b>Heavy Weight</b> : U17 to Vets M&F	<b>200m</b> : U6 to Vets M&F	<b>Discus</b> : U6, U7, U8 M&F <b>Long Jump</b> : U11, U12 M&F <b>Javelin</b> : U13 to U17 M&F (on Harris Park 2) <b>Shot Put</b> : U18 to Vets M&F
<b>100m</b> : U6 to Vets M&F	<b>Shot Put</b> : U9, U10 M&F <b>Discus</b> : U11, U12 M&F <b>High Jump</b> : U13 to U17 M&F <b>Triple Jump</b> : U18 to Vets M&F	<b>300m</b> : U6 <b>500m</b> : U7 <b>700m</b> : U8 <b>800m</b> : U9 to Vets M&F	<b>Javelin</b> : U11, U12 M&F (on Harris Park 2) <b>Long Jump</b> : U13 to U17 M&F <b>Discus</b> : U18 to Vets M&F
<b>400m</b> : U8 to Vets M&F	<b>Long Jump</b> : U6, U7, U8 M&F <b>Discus</b> : U9, U10 M&F <b>Triple Jump</b> : U11, U12 M&F <b>Shot Put</b> : U13 to U17 M&F <b>High Jump</b> : U18 to Vets M&F	<b>Fun Relays</b> : 4x100m Mixed M&F & ages	<b>Long Jump</b> : U18 to Vets M&F
<b>1500m</b> : U11 to Vets M&F	<b>Shot Put</b> : U6, U7, U8 M&F <b>Long Jump</b> : U9, U10 M&F <b>High Jump</b> : U11, U12 M&F <b>Discus</b> : U13 to U17 M&F <b>Javelin</b> : U18 to Vets M&F (on Harris Park No. 2)		<b>Presentations</b> Records Broken/Standards Achieved  Armidale Athletics Club Athlete of the Year  Roberts & Morrow Best on Ground

\*Due to time constraints, no athlete will be able to compete in both the 3000m and 70m.