

# Armidale Combined Gala Day

Sunday 2nd February 2020

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. (FUN RELAY not included)
- 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 B/G:** 100m, 200m, 400m, 800m, 1500m, 3000m, long, triple, high jump, shot put, discus, javelin

**U17B/G:** 100m, 200m, 400m, 800m, 1500m, 3000m, long jump, triple jump, high jump, shot put, discus, javelin, hammer, heavy wt.

**Under 20s M/F:** 100m, 200m, 400m, 800m, 1500m, 3000m, long jump, triple jump, high jump, shot put, discus, javelin, hammer, heavy wt.

**Open M/F:** 100m, 200m, 400m, 800m, 1500m, 3000m, long, triple, high jump, shot put, discus, javelin, hammer, heavy wt.

**Masters & Vets M/F:** 70m, 100m, 200m, 400m, 800m, 1500m, 3000m, long, triple, high jump, shot put, discus, javelin, hammer, heavy wt.

## FUN RELAYS 4X100m Mixed M&F & ages

### Age Group Rules

- Under 6 age group - those athletes who on Dec 31 2019, were 5
- Under 7 age group - those athletes who on Dec 31 2019, were 6
- Under 8 age group - those athletes who on Dec 31 2019, were 7
- Under 9 age group - those athletes who on Dec 31 2019, were 8
- Under 10 age group - those athletes who on Dec 31 2019, were 9
- Under 11 age group - those athletes who on Dec 31 2019, were 10
- Under 12 age group - those athletes who on Dec 31 2019, were 11
- Under 13 age group - those athletes who on Dec 31 2019, were 12
- Under 14 age group - those athletes who on Dec 31 2019, were 13
- Under 15 age group - those athletes who on Dec 31 2019, were 14
- Under 16 age group - those athletes who on Dec 31 2019, were 15
- Under 18 age group - those athletes who on Dec 31st 2020, were 17
- Under 20 age group - those athletes who on Dec 31st 2020, were 18 or 19
- Open age group - those athletes who on Dec 31st 2020, 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](mailto:registrarala28@gmail.com) and payment can be made online at: Regional Australia Bank BSB 932000 A/c 616968. Please include athletes name and "gala day" in the comments so we can sync the payment and nomination.