

Armidale Combined Gala Day

Harris Park, Kirkwood Street, Armidale

Sunday 2nd February 2020

Registrations from 8:30am

Block 1 Start: 9am

Age Groups

U6 to U17 years LAA age rulings apply

U18 to Opens age on 31st Dec 2020

Masters (35+) & Vets (50+) 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
- 1st, 2nd and 3rd 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
- Some events may be used to count toward the New England Barbell Super Series. If this is the case it will be advised in the leadup and on the day.

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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**

TRACK MORNING 9am Start	FIELD MORNING 9am Start	TRACK AFTERNOON	FIELD AFTERNOON
3000m* : U13 to Vets M&F 70m : U6 to U10, Masters & Vets M&F	High Jump : U9, U10 M&F Shot Put : U11, U12 M&F Triple Jump : U13 to U17 M&F Hammer : U17 to Vets M&F Heavy Weight : U17 to Vets M&F	200m : U6 to Vets M&F	Discus : U6, U7, U8 M&F Long Jump : U11, U12 M&F Javelin : U13 to U17 M&F (on Harris Park 2) Shot Put : U18 to Vets M&F
100m : U6 to Vets M&F	Shot Put : U9, U10 M&F Discus : U11, U12 M&F High Jump : U13 to U17 M&F Triple Jump : U18 to Vets M&F	300m : U6 500m : U7 700m : U8 800m : U9 to Vets M&F	Javelin : U11, U12 M&F (on Harris Park 2) Long Jump : U13 to U17 M&F Discus : U18 to Vets M&F
400m : U8 to Vets M&F	Long Jump : U6, U7, U8 M&F Discus : U9, U10 M&F Triple Jump : U11, U12 M&F Shot Put : U13 to U17 M&F High Jump : U18 to Vets M&F	Fun Relays : 4x100m Mixed M&F & ages	Long Jump : U18 to Vets M&F
1500m : U11 to Vets M&F	Shot Put : U6, U7, U8 M&F Long Jump : U9, U10 M&F High Jump : U11, U12 M&F Discus : U13 to U17 M&F Javelin : U18 to Vets M&F (on Harris Park No. 2)		Presentations 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.