



ONE DAY MULTI-EVENT CARNIVAL

Sunday 15 October 2017
Crest Athletics Centre
McClellan St Georges Hall



Mid West Metropolitan Zone invites all registered LANSW athletes to participate in this Carnival

Events for all age groups will be as follows:

U/750m, 100m; pack start; long jump; shot put, discus
U/870m, 200m; pack start; long jump; shot put; discus
U/9100m; 60m hurdles; 800m; long jump; shot put; discus
U/10200m; 60m hurdles; 800m; long jump; shot put; discus
U/11100m; 60m hurdles; 800m; long jump; shot put; discus
U/12200m; 60m hurdles; 800m; long jump; shot put; discus
U/13100m; 80m hurdles; 800m; long jump; shot put; discus
U/14 Girls200m; 80m hurdles; 800m; long jump; shot put; discus
U/14 Boys200m; 90m hurdles; 800m; long jump; shot put; discus
U/15 Girls200m; 90m hurdles; 800m; long jump; shot put; discus
U/15 Boys100m; 100m hurdles; 800m; long jump; shot put; discus
U/17 Girls200m; 100m hurdles; 800m; long jump; shot put; discus
U/17 Boys100m; 110m hurdles; 800m; long jump; shot put; discus

Entry Fee	\$10.00 per competitor (no refunds) - each competitor will receive an EMBROIDERED BADGE
Entries Close	* 6.00pm Tuesday 3 October 2017 Post to Alan Bartlett 7 / 38-40 Mclellan St Liverpool NSW 2170 Email to Alan Bartlett – bartmast@ozemail.com.au Entries from Centres or Individual athletes on form provided (Cheques payable to "MWMZ Little Athletics") or (Direct Dep. see entry form) No phone entries - Definitely NO LATE ENTRIES
Awards	Trophies for 1st, 2nd, 3rd place in all Age Groups In an Age Group where entries exceed 20 at close of entries, medals will be presented for 4th, 5th and 6th place. Certificate with point score for all competitors
Please Note	Competition will be conducted under LANSW / IAAF / LOCAL Rules Competitors must compete in their own age group Approved Centre uniform must be worn with registration number clearly displayed on chest, age patch on left hand side. Footwear is compulsory for ALL competitors in ALL events Spikes may be worn by U/11 – U/17 competitors in events run entirely in lanes and in long jump only: U/13 – U/17 may wear spikes in 800m event
Starting Time	8.30am sharp, first call 8.15am
Officials	<i>Field event chiefs will be allocated however we will be calling upon parents of competing athletes to assist at field events</i>
Enquiries	Trevor Hinwood – phone 0477 009 099 or Aino Matwisyk – phone 0409 658 591 or email aino17@bigpond.com

This is meant to be a **FUN DAY** for all children and we would not like it to be spoiled by unnecessary protests

Full canteen facilities and barbecue will be available at the ground