Liverpool City Little Athletics Centre

Gala Day

Sunday 20th October 2019

Dwyer Oval, off Williamson Crescent, Warwick Farm

Entries close Saturday 12th October 2019

No Late Entries will be accepted and No entries on the day

Athletes are allowed to compete up one age group, if that event is not offered in their own age group AND ONLY if it is allowed according to LANSW standard rules. For throw events, athletes can compete up an age group ONLY if there is no change in weight specifications.

First call 8.45am **First events 9.00am**

Event Program

Tiny Tots	50m	Obstacle Course		Novelty Hurdles		150m Pack Start	
U6	50m	100m	300m Pack Start	Discus	Long Jump	Shot Put	
U7	50m	100m	500m Pack Start	Discus	Long Jump	Shot Put	
U8	70m	200m	700m Pack Start	60m Hurdles	Long Jump	Discus	
U9	100m	400m	800m	60m Hurdles	Long Jump	Shot Put	
U10	100m	200m	800m	60m Hurdles	High Jump	Discus	
U11	100m	400m	800m	80m Hurdles	Long Jump	Shot Put	
U12	100m	200m	1500m	80m Hurdles	High Jump	Discus	
U13	100m	400m	800m	80m Hurdles	Long jump	Shot	Javelin
U14	100m	200m	1500m	80m Hurdles (G) 90m hurdles (B)	High Jump	Discus	Javelin
U15	100M	400M	800M	90M Hurdles (G) 100m Hurdles (B)	Long jump	Shot Put	Javelin
U17	100m	200m	1500m	100m Hurdles (G) 110m Hurdles (B)	Long Jump	Discus	Javelin
Multi Class	50m	70m	400m	Shot Put	Long Jump	Discus	

Entry fee: $15.00 per athlete or $5 per event. Maximum of five (5) events.

Liverpool athletes discounted entry fee of $10. Maximum five (5) events. Or $5 per event.

Tiny Tots $10 per athlete includes 4 activities. (Liverpool Tiny Tots $5)

Tiny Tots will receive a Gala Day medal at the conclusion of their activities.

Multi Class Athletes will receive a participation trophy at the conclusion of their events.

Email entries ONLY: lclac.championships@gmail.com

Enquiries: Marylou on 0449 675 163 or Aggie on 0412 887 160 Direct Payment: BSB: 062322 Account Number: 00902663 (Account name: Liverpool City Little Athletics Centre) Please include Athletes Name as reference and include payment receipt with your entry form. All entries and receipts must be received prior to the 12/10/2019

Placings based on times only. There will be no finals. Medals will be awarded for 1st, 2nd, 3rd place getters from U6-U17 Trophies for winners in feature events will replace 1st place medal. Participation ribbon to all athletes.

This will be a fun day, so NO PROTESTS will be considered. In the event of rain please call 0412887160

CENTRE NAME _____ CONTACT No. _____

EMAIL (to confirm receipt of entries) _____

Name	Age Group	B/G	Reg #	Event1	Event2	Event3	Event4	Event5
1.								
2.								
3.								
4.								
5.								