



20th Annual Gala Day

9am – Sunday 24th November 2019

First call 8.45am

Breakfast and late regos from 8am

Ron Brown Sporting Complex, Park Road, East Nowra

Early Bird Entries Close Thursday 21st November 2019

Tiny Tots \$10

Early Bird: \$5 per event or \$25 for all events

On the day cost: \$6 per event or \$35 for all events (cash only)

Early Bird Family Rate: \$70 all events for 3 or more siblings.

Entries: Email to shoalhavenoffice@gmail.com

Payment: BSB 633108

Acct 140710666 Reference: Athlete names

- Medals will be awarded to all 1st, 2nd and 3rd places in all events. Participation Ribbons for all other athletes. Tiny Tots will receive a medal and lanyard.
- Trophies will be awarded for the feature event U6-17's
- Hot Coffee, hot food and refreshments will be available all day.
- Athletes may go up an age group if an event is not offered in their own age group. Provided weights DO NOT differ.
- Age Managers, Canteen/BBQ helpers will be given a free lunch voucher.

T/Tots	70m	100m	L/Jump	F/Event	F/Event	Shot Put			
Multiclass	100m	200m	400m	L/Jump	Discus	Shotput			
U6	70m	100m	200m	300m	Shotput	L/Jump			
U7	70m	100m	200m	500m	Discus	L/Jump			
U8	100m	200m	400m	700m	L/Jump	Shotput	Discus		
U9	100m	200m	400m	800m	L/Jump	H/Jump	Shotput		
U10	100m	200m	400m	800m	H/Jump	Discus	Shotput		1500m
U11	100m	200m	400m	800m	L/Jump	Discus	Shotput		1500m
U12	100m	200m	400m	800m	H/Jump	Discus	Shotput		1500m
U13	100m	200m	400m	800m	L/Jump	Discus	Javelin		1500m
U14	100m	200m	400m	800m	T/Jump	H/Jump	Shotput	Javelin	1500m
U15	100m	200m	400m	800m	L/Jump	Discus	Javelin		1500m
U17	100m	200m	400m	800m	T/Jump	H/Jump	Discus	Javelin	1500m

1500m Will be the first event of the day run in U10-12 and U13-17

- Mid South Coast Grand Prix Events are in bold.
- Programs available on the day for \$2

Commented [dm1]:



ENTRY FORM

Early Bird Entries close Thursday 21st November 2019

Tiny Tots 41

Early Bird \$5 per event or \$25 for all events

Late Entries \$6 per events or \$35 for all events (cash only)

Early Bird Family fee \$70 for all events 3 or more siblings.

Entries: shoalhavenoffice@gmail.com

Payment: BSB 633108

Acct 140710666 Reference Athlete name.

Athlete Name	Rego No	G/B	M/C	Event 1	Event 2	Event 3	Event 4	Event 5	Event 6	Event 7	Event 8

Contact Name-----Contact Number-----

Contact Email-----

Club Name-----