



24th Annual Gala Day Sunday 19th November 2023

8.45am First Call 1500m

Ron Brown Sporting Complex, Park R

Entries Close 17th November 2023

NO on the day entries.

Breakfast from 8.30am

Last event will
be our Annual
Fun Relays.

Tiny Tots \$10

U6-U17 \$5 per event or \$25 for all events

Family Rate \$70 for 3 or more athletes

Payment: Athlete name as reference

BSB 633 000

Acct 140710666

EFT POS

Canteen

Coffee Van

Cold Drinks

Hot Food

T/T 70m, 100m, F/Event, F/Event, Shot Put

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

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**, T/Jump, 1500m

U17 100m, 200m, 400m, **800m**, T/Jump, H/Jump, **Discus**, **Javelin**, 1500m

Multiclass 100m, 200m, 400m, 800m, **Discus**, Shotput, **L/Jump**

Athletes may go up an age group if an event is not offered in their own age group,
Provided weights DO NOT differ.

Mid South Coast Grand Prix events are in **BOLD** Feature Events Underline

Trophies awarded to Tiny Tots and U6 -U17 Feature events. Medals will be
awarded to 1st, 2nd and 3rd Place for all other events.

Email: shoalhavengala@gmail.com 0410540708

NO Protests will be taken on the day.



Entries Close 17th November
shoalhavengala@gmail.com

Tiny Tots \$10

U6-U17 \$5 per event or \$25 for all events

Family Rate \$70 for 3 or more children

BSB 633 000

Account 140710666

NO on the day entries

Contact Person

Club.....

Contact Number.....

Athlete	Rego No	Boy/Girl	Age Group	Event 1	Event 2	Event 3	Event 4	Event 5	Event 6	Event 7	Event 8	Event 9

Multiclass Classification	
Multiclass Classification	