



# WALLSEND TRACK AND FIELD GALA DAY 2017

[www.wallsendathleticsclub.org.au](http://www.wallsendathleticsclub.org.au)

**SUNDAY 29/10/17**



WALLSEND RSL ATHLETIC CLUB & WALLSEND RSL LITTLE ATHLETIC CENTRE  
FEDERAL PARK-BOSCAWEN ST WALLSEND

8:45AM- **120M HANDICAP GIFT HEATS**-9:15AM FULL CARNIVAL STARTS

EVENTS LISTED ARE MALE AND FEMALE

**AGE GROUP AS OF 30/09/2018**

UNDER 6	<b>70M</b> , 100M, LONG JUMP, SHOTPUT, DISCUS, ORANGE RACE, SACK RACE, BEAN BAG
UNDER 7	70M, 100M, <b>LONG JUMP</b> , SHOTPUT, DISCUS, ORANGE RACE, SACK RACE, BEAN BAG
UNDER 8	70M, 100M, LONG JUMP, <b>SHOTPUT</b> , DISCUS, ORANGE RACE, SACK RACE, BEAN BAG
UNDER 9	<b>100M</b> , 200M, 800M, LONG JUMP, HIGH JUMP, SHOTPUT, DISCUS
UNDER 10	100M, 200M, 800M, <b>LONG JUMP</b> , HIGH JUMP, SHOT PUT, DISCUS
UNDER 11	100M, 200M, 800M, LONG JUMP, HIGH JUMP, SHOT PUT, <b>DISCUS</b>
UNDER 12	100M, <b>200M</b> , 800M, TRIPLE JUMP, HIGH JUMP, SHOT PUT, DISCUS
UNDER 13	100M, 200M, 800M, <b>LONG JUMP</b> , HIGH JUMP, SHOT PUT, DISCUS
UNDER 14	100M, 200M, 800M, TRIPLE JUMP, HIGH JUMP, <b>SHOT PUT</b> , DISCUS
UNDER 15	<b>100M</b> , 200M, 800M, LONG JUMP, HIGH JUMP, SHOT PUT, DISCUS
UNDER 17	100M, 200M, 800M, <b>TRIPLE JUMP</b> , HIGH JUMP, SHOT PUT, DISCUS
UNDER 20	100M, 200M, 800M, LONG JUMP, HIGH JUMP, SHOT PUT, <b>DISCUS</b>
SENIOR	<b>100M</b> , 200M, 800M, LONG JUMP, TRIPLE JUMP, HIGH JUMP, SHOT PUT, DISCUS
MASTERS	100M, 200M, 800M, LONG JUMP, TRIPLE JUMP, HIGH JUMP, <b>SHOT PUT</b> , DISCUS
<b>SPECIAL</b>	HAMMER (16yrs+) JAVELIN (16yrs+) POLE VALUT (14yrs+) IAN PETTIGREW ONE MILE – 2 DIVISIONS (SEE BACK FOR DETAILS)

## (FEATURE EVENTS IN **BOLD**)

SORRY NO TINY TOTS

- 1<sup>st</sup> 2<sup>nd</sup> and 3<sup>rd</sup> place in all events will receive a banner ribbon
- 1<sup>st</sup> place in highlighted Feature Event will also receive a trophy.
- U6 U7 U8 U9 unplaced athletes receive a Gala Competitor Ribbon.

<b>120 metres HANDICAP GIFT RACE</b>	<b>(30metres maximum handicap)</b>
<b>SENIOR U13 to MASTERS only</b>	<b>First Prize \$250 Second Prize \$150 Third Prize \$75</b>
<b>JUNIOR U8 to U12 only</b>	<b>First Prize \$75 Second Prize \$50 Third Prize \$25</b>
<b>All prizes total of goods and vouchers HANDICAP ENTRY..... ON REVERSE SIDE.</b>	
<b>SPONSORED BY GREATER BANK</b>	

All athletes U6 to Masters MUST PAY THE COMPETITION FEE \$15.00 per athlete.

**(COVERS ALL EVENTS AND SPECIAL EVENTS EXCEPT FOR 120M GIFT)**

PLUS \$5.00 entry fee to enter the 120m JUNIOR or SENIOR HANDICAP RACE

MAXIMUM FEE PER FAMILY \$45 (EXCLUDING GIFT ENTRIES)

**NO LATE ENTRIES....ENTRIES CLOSE 6PM THURSDAY 26<sup>TH</sup> OCTOBER 2017**

POST ENTRY Wallsend RSL Athletic Club 10 Charm St, Edgeworth. NSW 2285

With Cheque/Money Order made to Wallsend Athletic Club .....OR.....

ONLINE ENTRY email [info@wallsendathleticsclub.org.au](mailto:info@wallsendathleticsclub.org.au) payment Direct Deposit.

B.S.B. 062-823...Account...00904763 and Reference Gala/ ATHLETE'S NAME(S).

ALL ONLINE ENTRIES MUST BE ACCOMPANIED BY AN ENTRY FORM.

A full list of entries will be posted on our website on Friday 27/10/17.

PRINT Name \_\_\_\_\_ Club \_\_\_\_\_ Reg No \_\_\_\_\_

Email: \_\_\_\_\_ Phone No \_\_\_\_\_

M/F \_\_\_ Date of Birth \_\_\_/\_\_\_/\_\_\_ Age Group U/\_\_\_ Have you entered the Wallsend gala previously? YES/NO

MUST NOMINATE EVENT YOU WISH TO ENTER (MAXIMUM OF 8 EVENTS + SPECIALS)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**(GIFT ENTRY P.T.O)**



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**SUNDAY 29/10/17**

**WALLSEND RSL ATHLETIC CLUB: WALLSEND RSL LITTLE ATHLETIC CENTRE**

8:45AM- 120M HANDICAP GIFT HEATS-9:15AM FULL CARNIVAL STARTS

### **CONDITIONS AND RULES**

#### **GENERAL**

All competitors MUST be registered with an Athletic Club, Little Athletic Centre or Running Club.  
Competition U6 to U17 LANSW Rules, U20 to Masters ANSW Rules. Club amendments apply (SEE BELOW)  
Masters ages shall be 30 years+ for Men and Women.

Age as of 30/09/2018.

LA Rules U11 to U17 Spikes permitted in lane Track events and LJ/ TJ / HJ.

**Athletes may only enter a maximum of 8 events plus specials and handicap.**

#### **TRACK**

If heats are required in the 70m, 100m, 200m, the 1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup> 4<sup>th</sup> placed athletes advance to the final, depending on the number of heats involved.

**Ian Pettigrew One mile special event** will be conducted in 2 Divisions. Division 1 (U/9-U/12) (NO SPIKES TO BE WORN)  
Division 2 (U/13-Masters) (SPIKES ALLOWED)

#### **FIELD**

In Throw events 3 rounds only, best performance pegged and measured.

If a tie occurs one additional round of tied athletes conducted to decide placing.

In jump events all performances recorded, count back system applies for placing.

NOTE: HIGH JUMP WILL BE LIMITED TO **3 FAILURES ONLY** DURING COMPETITION.

Special Events conducted under ANSW Rules following restrictions apply.

Hammer Throw and Javelin 16 yrs+ (implement weight per age group)..... Pole Vault 14 yr+.

### **120m JUNIOR & 120m SENIOR HANDICAP GIFT RACE**

#### ***SPONSORED BY THE GREATER BANK***

The Handicap Gift Race shall be conducted over 120m maximum handicap is 30m,

Heats shall start at 9.00am, a 20 minute warning call prior to start of Semi final & Final.

1. The race is conducted in heats, semi finals (numbers of which will be determined by entry numbers) a final race of 9 runners.
2. Progression standards to future rounds will be determined by total number of entries, heats etc.
3. Runners are placed in heats based on the times submitted.
4. Handicap start distances allocated in good faith on times submitted, Wallsend Athletic Club Inc. does not have authority to amend/change submitted times, handicap adjusted for Semi Final and Final based on the times distances run in the heats.
5. A competitor may be disqualified by the Handicap Race Manager or Track Referee for serious reversal of form and/or inconsistent running. ALL ATHLETES ARE GIVEN AN ALLOWENCE OF 1 SECOND FASTER THAN ENTRY TIME.
6. Every competitor shall compete on his/her true merits, and any runner, who in the opinion of the Handicap Race Manager, Track Referee, or Race Judges, fails to do so, shall be subject to such penalty as may be deemed fit.
7. There shall be a minimum of three (3) Race Judges placed along the race distance.
8. Any athlete that false starts will be penalized 1m, if they false start a second time, they may be removed from the race (at the discretion of the starters).

**A FULL LIST OF RULES WILL BE POSTED ON THE GEARSHEDED WALL ON THE DAY OF THE CARNIVAL**

**ENTRIES CLOSE 6PM THURSDAY 26/10/17**

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**ENTRY FORM DETAILS 120m JUNIOR & 120m SENIOR HANDICAP RACE**

**Name** \_\_\_\_\_ **Age** \_\_\_\_\_ **Club/Centre** \_\_\_\_\_

**Best 100m time this season** \_\_\_\_\_ **on** \_\_\_\_\_ **/** \_\_\_\_\_ **/2017**

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**GreaterBank** 