



WALLSEND TRACK AND FIELD GALA DAY 2016

www.wallsendathleticsclub.org.au

SUNDAY 30/10/16

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

UNDER 6 **70M**, 100M, ORANGE RACE, LONG JUMP, SHOTPUT, DISCUS, SACK RACE, BEAN BAG
 UNDER 7 70M, 100M, ORANGE RACE, **LONG JUMP**, SHOTPUT, DISCUS, SACK RACE, BEAN BAG
 UNDER 8 70M, 100M, ORANGE RACE, LONG JUMP, **SHOTPUT**, DISCUS, SACK RACE, BEAN BAG
 UNDER 9 **100M**, 200M, 400M, LONG JUMP, HIGH JUMP, SHOTPUT, DISCUS
 UNDER 10 100M, 200M, **400M**, LONG JUMP, HIGH JUMP, SHOT PUT, DISCUS
 UNDER 11 100M, 200M, 400M, LONG JUMP, TRIPLE JUMP, HIGH JUMP, SHOT PUT, **DISCUS**
 UNDER 12 100M, **200M**, 400M, LONG JUMP, TRIPLE JUMP, HIGH JUMP, SHOT PUT, DISCUS
 UNDER 13 100M, 200M, 400M, **LONG JUMP**, TRIPLE JUMP, HIGH JUMP, SHOT PUT, DISCUS
 UNDER 14 100M, 200M, **400M**, LONG JUMP, TRIPLE JUMP, HIGH JUMP, SHOT PUT, DISCUS
 UNDER 15 100M, 200M, 400M, LONG JUMP, TRIPLE JUMP, HIGH JUMP, **SHOT PUT**, DISCUS
 UNDER 17 100M, **200M**, 400M, LONG JUMP, TRIPLE JUMP, HIGH JUMP, SHOT PUT, DISCUS
 UNDER 20 100M, 200M, 400M, **LONG JUMP**, TRIPLE JUMP, HIGH JUMP, SHOT PUT, DISCUS
 SENIOR **100M**, 200M, 400M, LONG JUMP, TRIPLE JUMP, HIGH JUMP, SHOT PUT, DISCUS
 MASTERS 100M, 200M, 400M, LONG JUMP, TRIPLE JUMP, HIGH JUMP, SHOT PUT, **DISCUS**
SPECIAL 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

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

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

All athletes u6 to Masters MUST PAY THE COMPETITION FEE \$15.00 per athlete.
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....entry close 6pm Thursday 27th October 2016

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

With Cheque/Money Order made to Wallsend Athletic ClubOR.....

ONLINE ENTRY email 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 28/10/16.

PRINT Name _____ Club _____ Reg No _____

Email: _____ Phone No _____

M/F ___ Date of Birth ___/___/___ Age Group U/____ Have you enter 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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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 or Little Athletic Centre.

Competition U6 to U17 LANSW Rules....U20 to Masters ANSW Rules. Club amendments apply (SEE BELOW)

Masters ages shall be 30 years+ for **BOTH** Men and Women.

LA Rules U11 to U17 Spikes permitted in lane Track events and LJ/ TL / 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 1st 2nd 3rd 4th placed athletes advance to the final, depending on the number of heats involved.

400m events will be timed finals.

In Track Events, only first four placing timed when Timing Gates are not used.

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 A MAXIMUM OF 6 JUMPS PER ATHLETE

Triple jump events will be conducted in 2 Groups 1.U/11-U/15

2.U/17-Master

Special Events conducted under ANSW Rules following restrictions apply.

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

The Men's Javelin will commence at 9am and conclude at 10:30am.

The Women's Javelin will commence at 10:30am and conclude at 12noon.

The Men's Hammer and Women's Hammer will commence at 2:30pm and conclude at 4:00pm.

120m JUNIOR & 120m SENIOR HANDICAP GIFT RACE

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 with 3 or 4 semi finals and final race is of 9 runners.

2. 1st & 2nd in each heat progress to semi final and additional semi final runners shall be wildcard selections at the discretion of the Handicap Manager. 1st 2nd 3rd place in semi final shall progress to the final and best performed unplaced.

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.

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.

HANDICAP RACE MANAGERS Mr. Rob Browne / Mr. Stephen Kelly/ Mr. Martin Sinclair Snr

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).

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

Name _____ Age _____ Club/Centre _____

Best 100m time since 1st Jan 2016 _____ on / /2016
