



WALLSEND TRACK AND FIELD GALA DAY 2015

www.wallsendathleticsclub.org.au

SUNDAY 25/10/15

WALLSEND RSL ATHLETIC CLUB & WALLSEND RSL LITTLE ATHLETIC CENTRE

FEDERAL PARK-BOSCAWEN ST WALLSEND

9.00AM 120M HANDICAP GIFT HEATS

9.00AM MALE AND FEMALE HAMMER

9.30AM FULL CARNIVAL BEGINS

EVENTS LISTED ARE MALE AND FEMALE

UNDER 6	70M	100M,	LONG JUMP,	ORANGE RACE,	SACK RACE,	BEAN BAG
UNDER 7	70M,	100M,	LONG JUMP ,	ORANGE RACE,	SACK RACE,	BEAN BAG
UNDER 8	70M,	100M,	LONG JUMP,	ORANGE RACE,	SACK RACE,	SHOT PUT
UNDER 9	100M ,	200M,	400M,	LONG JUMP,	TURBOJAV,	DISCUS
UNDER 10	100M,	200M,	800M,	HIGH JUMP ,	SHOT PUT,	DISCUS
UNDER 11	100M,	200M,	400M, 1500M,	LONG JUMP,	SHOT PUT,	DISCUS
UNDER 12	100M,	200M ,	800M,	HIGH JUMP,	SHOT PUT,	DISCUS
UNDER 13	100M,	200M,	400M, 1500M,	LONG JUMP ,	HIGH JUMP,	SHOT PUT
UNDER 14	100M,	200M,	400M,	TRIPLE JUMP,	SHOT PUT,	DISCUS
UNDER 15	100M ,	200M,	400M, 1500M,	LONG JUMP,	HIGH JUMP,	SHOT PUT
UNDER 17	100M,	200M,	400M, 800M,	HIGH JUMP ,	TRIPLE JUMP,	DISCUS
UNDER 20	100M,	200M,	400M, 1500M,	LONG JUMP,	HIGH JUMP,	SHOT PUT
OPEN (20-29)	100M,	200M,	400M, 800M, 1500M,	LONG JUMP ,	HIGH JUMP	
				DISCUS ,	TRIPLE JUMP,	SHOT PUT
MASTERS (30+)	100M,	800M,	1500M,	LONG JUMP ,	HIGH JUMP,	SHOT PUT, DISCUS

ADDITIONAL HAMMER (16yrs+) JAVELIN (16yrs+) POLE VALUT (14yrs+)

(FEATURE EVENTS IN BOLD)

SORRY NO TINY TOTS

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

FILA CHARLESTOWN STORE

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 MUST PAY THE COMPETITION FEE \$10.00 per athlete U6 to Veterans PLUS \$1.00 per event if competing in a higher age group PLUS \$5.00 entry fee to enter the 120m JUNIOR or SENIOR HANDICAP RACE

NO LATE ENTRIES....entry close 6pm Thursday 22th October 2015

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 payment Direct Deposit.

B.S.B. 062823 Account 00904763 and Reference Gala/ ATHLETE'S NAME(S).

PRINT Name _____ Club _____ Reg No _____

Email: _____ Phone No _____

M/F ___ Date of Birth ___/___/___ Age Group U/____ Did you enter the Wallsend gala last year? Yes/No

MUST NOMINATE EVENT YOU WISH TO ENTER



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SUNDAY 25/10/15

WALLSEND RSL ATHLETIC CLUB: WALLSEND RSL LITTLE ATHLETIC CENTRE

9.00am SENIOR & JUNIOR HANDICAP HEATS MALE FEMALE HAMMER THROW

9.30am FULL CARNIVAL COMMENCES

CONDITIONS AND RULES

GENERAL

All competitors MUST be registered with an athletic Club or Little Athletic Centre.
Competition U6 to U17 LAANSW Rules apply....U20 to Masters ANSW Rules apply.
Masters ages shall be 30 years+ for **BOTH** Men and Women.

You cannot enter the same event in two age divisions.

You may enter an event in the next available age group if the event is not listed in your age group.

Masters athletes may enter senior events not listed in their age group.

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

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, 800m, 1500m races will be finals. A curved line / pack start may apply.

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

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.

Open 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

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 2015 _____ on / /2015

