

Lake Illawarra Athletics Association Inc.
2021 Summer Carnival



Where: Myimbarr Community Park (Wattle Road, Flinders)

When: Sunday 10th January 2021

Time: Carnival Starts 9:00am **There will be no entries taken on the day.**

Weather: Carnival will proceed in all weather and will not be cancelled (cancellation will only occur if COVID-19 Restrictions do not permit us to compete)

Entry Fee: U/6 to OPENS: \$5-00 Per Event (or 7 or more Events per athlete \$30.00) **There will be no entries taken on the day. (no refunds)**

Event and Entry Restrictions: Due to COVID19 as of the 1st November 2020, entries will be limited to the first 200 athletes, with only 500 people are allowed to be at the Field at any one time, should COVID-19 restrictions change we will update the entry form, our website and also our Facebook event.

Entries Close: Wednesday 6th January 2021. (entries may close earlier if Maximum number of athletes is reached), Strictly no Late Entries.

Awards: Medals for 1st, 2nd, and 3rd Placing's in All Events (except Feature Event), Participation Ribbons for all other athletes.

All track event medals given on times. No finals will be run. In keeping with the spirit of the day **NO PROTESTS** will be considered. There is no limit to number of events an athlete can enter. Events may be combined were insufficient entries are received.

Athletes may go up an Age Group to compete in an event not available in their own Age Group as long as specifications (eg Weights) do not differ, and the event is allowed under LANSW rules with the following exceptions: Under 17's Walk is opened to all athletes from the 13's to 17's. Opens events are opened to athletes registered with Athletics Australia with the exception of the High Jump where the U15 & 17's can compete, U17 can also compete in the Opens 800m and Discus, the 60m is opened to all age groups.

Events in Bold indicate Mid South Coast Zone Grand Prix Events, Feature Event in *Italics*

Under 6	50m	70m	100m	300m	<i>Long Jump</i>	Discus	Shot Put			
Under 7	50m	70m	100m	500m	Long Jump	<i>Discus</i>	Shot Put			
Under 8	60m/h	70m	200m	700m	Long Jump	Shot Put	Discus			
Under 9	60m/h	70m	200m	800m	700m/w	Long Jump	<i>Discus</i>	Shot Put		
Under 10	60m/h	70m	200m	400m	1100m/w	High Jump	Shot Put	Discus		
Under 11	80m/h	100m	200m	800m	1100m/w	Long Jump	Discus	Shot Put	Javelin	
Under 12	80m/h	100m	200m	400m	1500m/w	<i>High Jump</i>	Shot Put	Discus	Javelin	
Under 13	80m/h	100m	200m	800m	200m/h	Long Jump	Discus	Shot Put	Triple Jump	Javelin
Under 14	80-90m/h	100m	200m	400m	200m/h	High Jump	Shot Put	<i>Discus</i>	Javelin	
Under 15	90-100m/h	100m	200m	800m	300m/h	Long Jump	Discus	Shot Put	Triple Jump	Javelin
Under 17	100-110m/h	100m	200m	400m	300m/h	1500m/w*	Shot Put	Javelin	Long Jump	Triple Jumps
OPENS	60m	100m	200m	800m	High Jump	Discus	Javelin	Long Jump	Triple Jump	

Enquiries: Phone Kevin McGarry 0417 048 148 or E-mail lilac_carnival@outlook.com

Direct Deposit Details BSB: 633-000 Account Number: 150649630 Account Name: Lake Illawarra Little Athletics Association INC

Reference: Athlete Name and Number, please email receipt and entry to lilac_carnival@outlook.com

Register via your Results HQ portal is also available

ATHLETES NAME: _____ REGISTRATION NUMBER _____

CENTRE: _____ CENTRE NUMBER _____

AGE GROUP _____ BOYS/GIRLS _____

EVENT 1: _____ EVENT 2: _____ EVENT 3: _____ EVENT 4: _____

EVENT 5: _____ EVENT 6: _____ EVENT 7: _____ EVENT 8: _____

EVENT 9: _____ EVENT 10: _____ EVENT 11: _____ EVENT 12: _____

ATHLETES NAME: _____ REGISTRATION NUMBER _____

CENTRE: _____ CENTRE NUMBER _____

AGE GROUP _____ BOYS/GIRLS _____

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EVENT 1: _____ EVENT 2: _____ EVENT 3: _____ EVENT 4: _____

EVENT 5: _____ EVENT 6: _____ EVENT 7: _____ EVENT 8: _____

EVENT 9: _____ EVENT 10: _____ EVENT 11: _____ EVENT 12: _____

Contact Name: _____ Contact Number: _____

Email Address: _____