

Lake Illawarra Athletics Association Inc.

2023 Summer Carnival



Where: Myimbarr Community Park (Wattle Road, Flinders)

When: Sunday 8th January 2023.

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.

Entry Fee: Tiny Tots: \$10.00 per athlete **There will be no entries taken on the day.**

Entry Fee: U/6 to OPENS: \$4.00 Per Event (or 7 or more Events per athlete \$25.00) **There will be no entries taken on the day.**

Entries Close: Saturday 7th January 2023 at 12.00pm Sharp – **Strictly NO Entries will be received after this time.**

Awards: Medals for 1st, 2nd, and 3rd Placing's in All Events – All Athletes will receive a Participation Certificate (sent to the centre with all performances on after carnival)
Tiny Tots will receive special award for participation.

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 where 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: Open 60m is opened to all registered athletes regardless of age, Under 17's can compete in the Opens 800m, Discus and High Jump, All Other Opens Events athletes must be registered with a Senior Club (Athletics Australia)*

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

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

For more information on the carnival please contact Kevin McGarry on 0417 048 148 or via email at lilac_carnival@outlook.com

Entry Format

1. Online entries are being taken via Results HQ (contact your centre to open nominations, additional fees from Results HQ will apply)
2. Email your entry form to lilac_carnival@outlook.com (Athletes name, Gender, Centre/Club, Registration Number and Events need to be included)

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

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 _____

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

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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: _____