



**Macquarie Hunter Athletic Club**  
**NORM JOHNSON CARRANGAL SHIELD**  
 Participating in the LAKE MACQUARIE GAMES  
 SUNDAY DECEMBER 3 2017

Carnival Sponsored by  
 Lake Macquarie City Council  
 Cardiff Dental  
 Pure Performance  
 Stephenson Family  
 Achieve Financial Group

**VENUE:** Hunter Regional Sports Centre - Stockland Drive Glendale  
**TIME:** Heats 110 metre Feature Event Junior and Senior 8:30am  
 First Carnival Event to commence at 9:15am

**PROGRAM OF EVENTS**

Tiny Tots	50M-100M-145M-Long Jump-Shot Put-Vortex-Orange Race
Under 6	70M-100M-145M-Long Jump-Shot Put-Orange Race-Sack Race
Under 7	70M-100M-200M-800M Walk-Long Jump-Shot Put-Discus
Under 8	100M-200M-400M-60MH-Long Jump-Shot Put- Discus
Under 9	100M-200M-800M-60MH-Long Jump-High Jump-Shot Put
Under 10	100M-200M-400M-60MH-Long Jump-Discus-Shot Put
Under 11	100M-200M-800M-60MH-Long Jump-Shot Put-Discus
Under 12	100M-200M-400M-60MH-Long Jump-Shot Put-Discus
Under 13	100M-200M-800M-80MH-Long Jump-Shot Put-Javelin
Under 14	100M-200M-400M-90MH-Long jump-Shot Put-Discus
Under 15	100M-200M-800M-100MH-Triple Jump-Discus-Javelin
Under 17	100M-200M-400M-300MH-Long Jump-Shot Put-Javelin
Senior	100M-200M-800M-Triple Jump-Shot Put-Discus-Javelin
Veterans	100M-200M-800M-Long Jump-Shot Put-Javelin-Discus

**FEATURE EVENTS**

<b><u>110 Metre Feature Event Senior Competitors Under 13 – Veterans</u></b>
Sponsored by the <b><i>Stephenson Family</i></b>
First Prize \$500 Second Prize \$200 Third Prize \$100
<b><u>110 Metre Feature Event Junior Competitors Under 8 – Under 12</u></b>
Sponsored by <b><i>Achieve Financial Group</i></b>
First Prize \$100 Second Prize \$50 Third Prize \$25
<b><i>Both 110M Feature Events will involve Heats-Semi Final and Final (Max Handicap 30M)</i></b>
<b><u>1 KM Feature Event Senior Competitors Under 13 – Veterans</u></b>
Sponsored by <b><i>Pure Performance</i></b>
First Prize \$500 Second Prize \$200 Third Prize \$100
<b><u>1KM Feature Event Junior Competitors Under 8- Under 12</u></b>
Sponsored by <b><i>Achieve Financial Group</i></b>
First Prize \$100 Second Prize \$50 Third Prize \$25
<b><i>Both 1KM Feature Events are finals</i></b>

**ENTRY FEE**

\$15 ALL ATHLETES entry fee (excluding Feature Events)

\$5 entry fee Junior Gift Events

\$10 entry fee Senior Gift Events

Entries close Friday night at club meeting HSC December 1

**Family Fee**

Maximum fee for a family \$45 (excluding Feature Events)

All Tiny Tots Receive a medal

All competing athletes receive a Lake Macquarie Games

Certificate of Participation

Medals for all events – Gold, Silver and Bronze Male and Female

Trophy to Point Score Winner in each age group M & F.

Points allocated for first 5 placegetters in each event on the basis

5 -1<sup>st</sup> 4 -2<sup>nd</sup> 3 -3<sup>rd</sup> 2 -4<sup>th</sup> 1 -5<sup>th</sup> and points accumulate for each event.

**Age Championships Awards Sponsored by Cardiff Dental**

**Rules**

LAANSW rules apply all athletes Tiny Tots through to Under 17

IAAF Rules Seniors and Veterans

Note-All competitors must be registered with either LAANSW or ANSW

**Post ENTRIES TO**

Macquarie Hunter Athletic Club

PO Box 3307 Glendale NSW 2285

With Cheque/Money Order made out to Macquarie Hunter Athletic Club

**Email entries to**

[secretary@machunter.com.au](mailto:secretary@machunter.com.au)

**Payment Direct Deposit B.S.B. Account No.**

MACQUARIE HUNTER ATHLETICS CLUB

NORM JOHNSON CARRANGAL SHIELD

SUNDAY 3 DECEMBER 2017

ENTRY FORM

Print Name.....Age Group.....M/F

Date of Birth.....Registration No.....Club.....

Email Address.....Phone Number.....

Events that you will be competing; Do not include Feature events here.

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## 110 Metre Junior and Senior Gift Events ENTRY FORM

Print Name..... Age .....M/F

Registration No.....Club/Centre.....

Event Nomination for - Senior..... Junior .....

Best 100 Metre Time.....Date..... Venue .....

Verified By.....

Relationship to nomination (parent, coach, club person etc.) .....

## 1KM Junior and Senior Gift Events ENTRY FORM

Print Name..... Age .....M/F

Registration No.....Club/Centre.....

Event Nomination for - Senior..... Junior .....

Best 1500 Metre Time.....Date..... Venue .....

Verified By.....

Relationship to nomination (parent, coach, club person etc.) .....

### Conditions of entry for Junior and Senior 110M and 1KM Gift Events

- The 110M Junior and Senior Gift Events will have a maximum handicap of 30M
- Heats of the 110M Gift Events will commence at 8:30am, with a 30 minute, warning prior to Semi Final and Final.
- Handicaps for all Feature Events will be completed by coaches, Max Debnam and Hans Tiller
- The Final will consist of a field of 10 competitors.
- Runners are placed in heats at the discretion of the Handicapper.
- All competitors time submissions are taken in good faith and any athlete who demonstrates a marked improvement in their performance against the time submitted on their entry, will face a review by the carnival manager.
- Any athlete that false starts will be issued with an immediate 1M penalty to their handicap.