



Macquarie Hunter Athletic Club
NORM JOHNSON CARRANGAL SHIELD
Participating in the LAKE MACQUARIE GAMES
SUNDAY DECEMBER 16 2018

Carnival Sponsored by
Lake Macquarie City Council
Cardiff Dental
Pure Performance
Achieve Financial Services

VENUE Hunter Regional Sports Centre - Stockland Drive Glendale
TIME Heats 110 metre Feature Event Junior and Senior 9:00am
First Carnival Event to commence at 9:30am

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
Masters(30+)	100M-200M-800M-Long Jump-Shot Put-Javelin-Discus

FEATURE EVENTS

110 Metre Feature Event Senior Competitors Under 13 – Masters (30M Maximum Handicap)
Sponsored By Cardiff Dental
First Prize \$500 Second Prize \$200 Third Prize \$100
110 Metre Feature Event Junior Competitors Under 8 – Under 12
Sponsored By Achieve Financial Group
First Prize \$100 Second Prize \$50 Third Prize \$25
Both 110M Feature Events will involve Heats-Semi Final and Final
1500 M Feature Event Senior Competitors Under 13 – Masters (Start time Handicap max 90s)
Sponsored by Pure Performance
Shoe Vouchers Pure Performance
800M Feature Event Junior Competitors Under 8- Under 12 (Start Time handicap max 50s)
Shoe Vouchers Pure Performance
Sponsored by Pure Performance
Both 800M and 1500M Feature Events are straight out finals

ENTRY FEE All athletes, entry \$15, excluding Feature Events
\$5 entry fee Junior Gift Events
\$10 entry fee Senior Gift Events
Entries close Friday night at club meeting HSC December 7

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 -1st 4 -2nd 3 -3rd 2 -4th 1 -5th 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 Masters
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
Payment Direct Deposit B.S.B. 650300 Account No.986932604

MACQUARIE HUNTER ATHLETICS CLUB
NORM JOHNSON CARRANGAL SHIELD
SUNDAY 16 DECEMBER 2018
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.

.....
.....

110 Metre Junior and Senior Gift Events ENTRY FORM

Print Name..... AgeM/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.)

800M Junior and 1500M Senior Gift Events ENTRY FORM

Print Name..... AgeM/F

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

Event Nomination for - Senior..... Junior

Junior-Best 800M Time.....Date..... Venue

Time.....Date..... Venue

Senior-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 1500M 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 9:00am, 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 or other nominated Macquarie Hunter Official.

- 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- handicap penalty or disqualification may apply at the discretion of Handicapper/s and Carnival Manager. No correspondence will be entered into. Other known performances (for any distance) maybe taken into consideration.
- Any athlete that false starts will be issued with an immediate 1M penalty to their handicap.
- Be prepared to run Heat, Semi Final plus Final for 110M events. Handicaps maybe adjusted between rounds at the sole discretion of the handicapper/s.

The Norm Johnson Carrangal Shield Carnival 2018

Name:..... Male / Female

Club:.....Club No:.....Rego No:..... Age Group:.....

Name:..... Male / Female

Club:.....Club No:.....Rego No:..... Age Group:.....

Name:..... Male / Female

Club:.....Club No:.....Rego No:..... Age Group:.....

Name:..... Male / Female

Club:.....Club No:.....Rego No:..... Age Group:.....

Name:..... Male / Female

Club:.....Club No:.....Rego No:..... Age Group:.....

Name:..... Male / Female

Club:.....Club No:.....Rego No:..... Age Group:.....

Name:..... Male / Female

Club:.....Club No:.....Rego No:..... Age Group:.....