



Macquarie Hunter Athletic Club
NORM JOHNSON CARRANGAL SHIELD
SUNDAY FEB 9 2020

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 9:45am. 1500/800 Approx. 1130.
 Finish Approx. 230pm.

PROGRAM OF EVENTS

Tiny Tots	50M-100M-200M-Long Jump-Vortex-Orange Race
Under 6	70M-100M-300M PS-Long Jump-Discus-Shot Put
Under 7	70M-100M-500 Pack Start-Long Jump-Shot Put-Discus
Under 8	100M-200M-400M-60MH-Long Jump-Shot Put- Discus
Under 9	100M-200M-800M-60MH-Long Jump-Shot Put-Discus
Under 10	100M-200M-400M-60MH-Long Jump-Shot Put-Discus
Under 11	100M-200M-800M-80MH-Long Jump-Shot Put-Discus
Under 12	100M-200M-400M-80MH-Long Jump-Shot Put-Discus
Under 13	100M-200M-800M-80MH-Long Jump-Shot Put-Javelin
Under 14	100M-200M-400M-80 (G)/90 (B) MH-Long jump-Shot Put-Discus
Under 15	100M-200M-800M-90 (G)/100 (B) MH-Triple Jump-Discus-Javelin
Under 17	100M-200M-800M-100 (G)/110 (B) MH -Triple Jump-Shot Put-Javelin
Senior	100M-200M-800M-Triple Jump-Shot Put-Javelin-Discus
Masters	100M-200M-800M-Long Jump-Shot Put-Javelin-Discus

FEATURE EVENTS

110 Metre Feature Event Senior Competitors Under 13 – Masters (30M Maximum Handicap)
First Prize \$500 Second Prize \$200 (Sponsored by Next Gen Physio) - 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
110M Feature Events may involve Heats-Semi Final, Final – handicaps adjusted between rounds
1500m Feature Event Senior Competitors Under 13 – Masters (Maximum Handicap of 75 secs)
Sponsored by Bullant – Myers Park Athletics
Prize values: First, \$100. Second, \$50. Third, \$25
800m Feature Event Junior Competitors Under 8- Under 12 (Maximum handicap of 45 secs)
Sponsored by Burger Urge
Prize values: First, \$100. Second, \$50. Third, \$25
Both 1500 and 800m Feature Events are finals



- ENTRY FEE** All athletes, entry \$15, excluding Feature Events
 Feature Handicap Event Entry:
 110m Junior, 800m Junior, 1500m Senior: \$5
 110m Senior: \$10
 Entries must be received by Friday night at club meeting HSC
 Feb 7, 2020
- Family Fee** Maximum fee for a family \$45 (excluding Feature Events)
- All Tiny Tots Receive a medal
 Medals for all events (6s-Masters) – Gold, Silver and Bronze Male and Female
 Trophy to Point Score Winner in each age group u6s -13s M & F.
 \$30 Prizemoney – 13s and up (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.
- Rules** LANSW Event rules apply to all athletes Tiny Tots through to U 17.
 ANSW Event Rules for Seniors and Veterans
 Note-All competitors must be registered with either LANSW or
 ANSW.
Competing up an age: u12s and up can compete up an age, this
 will mean that all events participated in must be in that age group
 for the whole day. It is not compulsory to compete in all events.

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. 650000 Account No.986932604

MACQUARIE HUNTER ATHLETICS CLUB
 NORM JOHNSON CARRANGAL SHIELD
 SUNDAY 9 FEBRUARY 2020
 ENTRY FORM

Print Name.....Age Group Entering.....M/F
 Date of Birth.....Registration No.....Club.....
 Email Address.....Phone Number.....

110 Metre Junior and Senior Handicap Events ENTRY FORM (\$5 Junior, \$10 Senior)

Print Name..... AgeM/F

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

Event Nomination for - Senior..... Junior

Best 100 Metre Time in last 12months.....Date..... Venue

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Verified By.....

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

Races will be scrutineered. Times recorded that correlate to a significant improvement in the nominated time or athletes adjudged to have not run to 100% in heats and Semis may be subject to disqualification or handicap penalty. No correspondence on decisions made in this regard will be entered into.

1500 and 800 Senior and Junior Feature Events ENTRY FORM (\$5)

Print Name..... AgeM/F

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

Event Nomination for - Senior..... Junior

Best 1500 Metre Time (Senior).....Date..... Venue

Best 800 Metre Time (Junior)Date.....Venue

Best 100 Metre Time (Both)..... Date.....Venue.....

100 metre time must be given, this is to ensure genuine entries are received. This time will also be used to determine an equivalent 800 or 1500 performance and assign a handicap accordingly

Verified by..... (Required)

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

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 min warning prior to Semi Final and Final. Handicaps maybe adjusted between Heats, Semi and Final.
Handicaps for all Feature Events will be completed by Macquarie Hunter Officials

- The Final will consist of a field of 10 competitors (110M events)
- Runners are placed in heats at the discretion of the Handicapper (110M events)
- Races will be scrutineered. Times recorded that correlate to a significant improvement in the nominated time or athletes adjudged to have not run to 100% in heats and semis may be subject to disqualification or handicap penalty. No correspondence on decisions made in this regard will be entered into.
- Any athlete that false starts will be issued with an immediate 1M penalty to their handicap (110M events)