

# MACQUARIE HUNTER ATHLETICS CARRANGAL SHIELD

## LAKE MACQUARIE GAMES SUNDAY 15<sup>th</sup> NOVEMBER 2015

- VENUE:** Hunter Regional Sports Centre  
Stockland Drive, Glendale
- TIME:** March Past – 8.30am. First Event - 9.00am
- ENTRY FEE:** Pre-entry - \$10 per athlete  
Entry on day - \$12 per athlete (From 7.30am – 8.15am)
- AWARDS:** Lake Macquarie Games Medals for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> male, female in every event.  
All Tiny Tots receive a medal.  
All athletes receive a Lake Macquarie Games Certificate.  
Trophy for winning March Past Team.
- FEATURE EVENTS:** A Feature Event will be run in every age group. This will be drawn out of a hat on the day once registrations close.  
***\*No\* entries will be taken for feature events after they have been announced.***  
The male and female winners of each Feature Event will receive –  
U/6 – U/12: trophies. U/13 to Seniors – cash prizes
- RULES:** LAANSW rules apply for Tiny Tots to U/17's  
IAAF rules apply to Seniors  
All competitors must be registered with LAANSW or ANSW.  
***Athletes may compete in as many events in their own age groups only.***

**EVENTS:**

<b>TINY TOTS</b>	70m	Long Jump	Shot Put	Vortex	Novelty Event
<b>U/6</b>	70m	200m	Shot Put	Discus	Long Jump
<b>U/7</b>	70m	200m	500m P/S	Shot Put	Long Jump
<b>U/8</b>	100m	200m	60mH	Discus	Long Jump
<b>U/9</b>	100m	800m	60mH	Discus	Long Jump
<b>U/10</b>	100m	400m	60mH	Shot Put	Long Jump
<b>U/11</b>	200m	800m	60mH	Discus	High Jump
<b>U/12</b>	100m	400m	60mH	Shot Put	Triple Jump
<b>U/13</b>	100m	800m	80mH	Discus	High Jump
<b>U/14</b>	100m	800m	80mH(G)/90mH(B)	Javelin	Triple Jump
<b>U/15</b>	100m	200m	90mH(G)/100mH(B)	Discus	Triple Jump
<b>U/17</b>	100m	200m	800m	Javelin	Long Jump
<b>OPEN</b>	100m	200m	800m	Javelin	Long Jump
<b>VETERANS</b>	100m	200m	800m	Javelin	Long Jump

**Post Entries to** Macquarie Hunter Athletics  
PO Box 3307  
Glendale NSW 2285

**Or email to** [secretary@machunter.com.au](mailto:secretary@machunter.com.au)

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CARRANGAL SHIELD  
SUNDAY 15<sup>TH</sup> NOVEMBER 2015  
Entry Form

Name..... Age group.....M / F

Registration No..... Club Name & Number.....

**Events All in Age Group or**

..... \$.....

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