



# WALLSEND TRACK AND FIELD GALA DAY 2024

[www.wallsendathleticsclub.org.au](http://www.wallsendathleticsclub.org.au)

**SUNDAY 27/10/2024**

WALLSEND RSL ATHLETIC CLUB & WALLSEND RSL LITTLE ATHLETIC CENTRE  
FEDERAL PARK-BOSCAWEN ST WALLSEND

8:45AM-110m **HANDICAP GIFT HEATS** - 9:15AM FULL CARNIVAL STARTS

EVENTS LISTED ARE MALE AND FEMALE

**\*AGE GROUP AS OF 31/12/2025\***



TINY TOTS	50m, 100m & TINY TOT ACTIVITIES							
6's	70m	100m	300m	Long Jump	Shot Put	Discus	Bean Bag	Orange Race
7's	70m	100m	500m	Long Jump	Shot Put	Discus	Bean Bag	Sack Race
8's	70m	100m	700m	Long Jump	Shot Put	Discus	Sack Race	Orange Race
9's	100m	200m	800m	Long Jump	Shot Put	Discus		
10's	100m	200m	800m	High Jump	Discus	Long Jump		
11's	100m	200m	800m	Long Jump	Discus	Shot Put		
12's	100m	200m	800m	High Jump	Shot Put	Discus		
13's (U14)	100m	200m	800m	High Jump	Shot Put	Long Jump		
14's (U15)	100m	200m	800m	Long Jump	Discus	High Jump		
15's (U16)	100m	200m	800m	High Jump	Long Jump	Shot Put		
16's & 17's	100m	200m	800m	Long Jump	Shot Put	High Jump		
UNDER 20	100m	200m	800m	High Jump	Discus	Long Jump		
SENIOR	100m	200m	800m	Long Jump	Shot Put	High Jump		
MASTERS	100m	200m	800m	High Jump	Discus	Long Jump		

**SPECIAL** HAMMER (16yrs+) JAVELIN (16yrs+) TRIPLE JUMP (15yrs+)

\*\*POLE VAULT (12yrs+) (Sponsored by NYROY PTY LTD)

IAN PETTIGREW ONE MILE – 2 DIVISIONS (SEE BACK FOR DETAILS)

**(FEATURE EVENTS WILL BE ANNOUNCED ON THE DAY)**

1<sup>st</sup> 2<sup>nd</sup> and 3<sup>rd</sup> place in all events will receive a Ribbon.

- 1<sup>st</sup> place in feature event will also receive a Trophy.
- TINY TOTS, 6's, 7's, 8's, 9's unplaced athletes receive a Gala Competitor Ribbon.

**110 metres HANDICAP GIFT RACE (30 metres maximum handicap)**  
**SENIOR 13's to MASTERS only First Prize \$100 Second Prize \$75 Third Prize \$50**  
**JUNIOR 8's to 12's only First Prize \$75 Second Prize \$50 Third Prize \$25**  
**All Cash prizes HANDICAP ENTRY..... ON REVERSE SIDE.**

All athletes 6's to Masters MUST PAY THE COMPETITION FEE \$17.00 per athlete. Tiny Tots \$8.00.

**(COVERS ALL EVENTS AND SPECIAL EVENTS EXCEPT FOR 110M GIFT)**

PLUS \$8.00 entry fee to enter the 110m JUNIOR or SENIOR HANDICAP RACE

MAXIMUM FEE PER FAMILY \$50 (EXCLUDING GIFT ENTRIES)

**NO LATE ENTRIES.... ENTRIES CAN BE LODGED OF A MONDAY NIGHT AT THE CLUBHOUSE**

**ALL ENTRIES CLOSE 6PM THURSDAY 24<sup>TH</sup> OCTOBER 2024 and posted on website Friday after 6pm.**

ONLINE ENTRY email [wallsendathletics@gmail.com](mailto:wallsendathletics@gmail.com) Payment via Direct Deposit.

B.S.B. 062-823...Account...00904763 and Reference Gala / ATHLETE'S NAME(S).

ALL ONLINE ENTRIES MUST BE ACCOMPANIED BY AN ENTRY FORM.

PRINT Name \_\_\_\_\_ Club \_\_\_\_\_ Reg No/Member ID \_\_\_\_\_

Email: \_\_\_\_\_ Phone No \_\_\_\_\_

M/F \_\_\_ Date of Birth \_\_\_/\_\_\_/\_\_\_ Age Group \_\_\_ **(GIFT ENTRY P.T.O)**

ATHLETES WILL BE ENTERED IN ALL EVENTS FOR THEIR AGE GROUP. PLEASE NOMINATE SPECIALS ONLY

**(GIFT ENTRY P.T.O)**



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**SUNDAY 27/10/2024**



**WALLSEND RSL ATHLETIC CLUB: WALLSEND RSL LITTLE ATHLETIC CENTRE**  
8:45AM- **110M HANDICAP GIFT HEATS** -9:15AM FULL CARNIVAL STARTS

**CONDITIONS AND RULES**

**GENERAL**

All competitors **MUST** be registered with an Athletic Club, Little Athletic Centre or Running Club.  
Competition 6's to 17's LANSW Rules, U20 to Masters ANSW Rules. Club amendments apply (SEE BELOW)  
Masters ages shall be 30+ for Men and Women.  
Age as of 31/12/2025  
LA Rules 11's to 17's Spikes permitted in laned Track events and LJ/TJ/HJ/Pole Vault/Javelin.  
Photo-finish will be used for all track events.

**TRACK**

All track events will be timed finals (excluding Gift).  
**Ian Pettigrew One mile special event** will be conducted in 2 Divisions. Division 1 (9's-12's) (NO SPIKES)  
Division 2 (13's-Masters) (SPIKES ALLOWED)

**FIELD**

In Throw events 3 rounds only, best performance pegged and measured.  
If a tie occurs one additional round of tied athletes conducted to decide placing.  
In jump events all performances recorded, standard count back system applies for placing.  
Special Events conducted under ANSW Rules, the following restrictions apply.  
Hammer Throw and Javelin 16 yrs+ (implement weight per age group), Pole Vault 12 yrs+, Triple Jump 15yrs+.  
**\*\*ALL POLE VAULT ATHLETES MUST PROVIDE THEIR OWN EQUIPMENT.**  
**\*PLEASE NOTE: CARNIVAL RULES SUBJECT TO CHANGE, BASED ON ENTRY NUMBERS.**

**110m JUNIOR & 110m SENIOR HANDICAP GIFT RACE**

The Handicap Gift Race shall be conducted over 110m maximum handicap is 30m,  
Heats shall start at 9.00am, a 20 minute warning call prior to start of Semi Final & Final.

1. The race is conducted in heats, Semi Finals (numbers of which will be determined by entry numbers) a Final race of 9 runners.
2. Progression standards to future rounds will be determined by total number of entries, heats etc.
3. Runners are placed in heats based on the times submitted.
4. Handicap start distances allocated in good faith on times submitted, Wallsend Athletic Club Inc. does not have authority to amend/change submitted times, handicap adjusted for Semi Final and Final based on the times run in the heats.
5. A competitor may be disqualified by the Handicap Race Manager or Track Referee for serious reversal of form and/or inconsistent running. ALL ATHLETES ARE GIVEN AN ALLOWANCE OF 1 SECOND FASTER THAN SEED TIME.
6. Every competitor shall compete on his/her true merits, and any runner, who in the opinion of the Handicap Race Manager, Track Referee, or Race Judges, fails to do so, shall be subject to such penalty as may be deemed fit.
7. There shall be a minimum of three (3) Race Judges placed along the race distance.
8. Any athlete that false starts will be penalized 1m, if they false start a second time, they may be removed from the race (at the discretion of the starters).
9. If an athlete fails to submit a valid 100m time for the gift, they will be required to start from scratch.

**A FULL LIST OF RULES WILL BE POSTED ON THE GEARSHED WALL ON THE DAY OF THE CARNIVAL**

**NO LATE ENTRIES....**  
**ALL ENTRIES CLOSE 6PM THURSDAY 24/10/2024**

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**ENTRY FORM DETAILS 110m JUNIOR & 110m SENIOR HANDICAP RACE**

Name \_\_\_\_\_ Age \_\_\_\_\_ Club/Centre \_\_\_\_\_

Best 100m time this year: \_\_\_\_\_ on / /2024