



# ONE DAY COMBINED EVENT CARNIVAL



## Sunday 5 November 2023 The Crest Athletics Track McClean Street, Georges Hall

Mid West Metropolitan Zone **invites all registered LANSW**  
athletes to participate in this Carnival

Events for all age groups will be as follows:

U/7	50m, 100m; pack start; long jump; shot put; discus
U/8	70m, 200m; pack start; long jump; shot put; discus
U/9	100m; 60m hurdles; 800m; long jump; shot put; discus
U/10	200m; 60m hurdles; 800m; long jump; shot put; discus
U/11	100m; 80m hurdles; 800m; long jump; shot put; discus
U/12	200m; 80m hurdles; 800m; long jump; shot put; discus
U/13	100m; 80m hurdles; 800m; long jump; shot put; discus
U/14 Girls	200m; 80m hurdles; 800m; long jump; shot put; discus
U/14 Boys	200m; 90m hurdles; 800m; long jump; shot put; discus
U/15 Girls	200m; 90m hurdles; 800m; long jump; shot put; discus
U/15 Boys	100m; 100m hurdles; 800m; long jump; shot put; discus
U/17 Girls	200m; 100m hurdles; 800m; long jump; shot put; discus
U/17 Boys	100m; 110m hurdles; 800m; long jump; shot put; discus

<b>Entry Fee</b>	<b>\$10.00 per competitor (no refunds)</b> - each competitor will receive an <b>EMBROIDERED BADGE</b>
<b>Entries Close</b>	<b>* 6.00pm Sunday 22 October 2023</b> Via resultsHQ entry portal <b>Entries from Centres or Individual athletes on form provided</b> (Cheques payable to "MWMZ Little Athletics") or (via results HQ)
<b>Awards</b>	Trophies for 1st, 2nd, 3rd place in all Age Groups In an Age Group where entries <b>exceed 20</b> at close of entries, medals will be presented for 4th, 5th and 6th place. Certificate with point score for all competitors
<b>Please Note</b>	Competition will be conducted under LANSW / IAAF / LOCAL Rules Competitors must compete in their own age group Approved Centre uniform must be worn with registration number clearly displayed on chest, age patch on left hand side, Coles patch on right side. Footwear is compulsory for <b>ALL</b> competitors in <b>ALL</b> events Spikes may be worn by U/11 – U/17 competitors in events run entirely in lanes and in long jump only: U/12 – U/17 may wear spikes in 800m event
<b>Starting Time</b>	<b>8.30am sharp, first call 8.15am</b>
<b>Officials</b>	<b><i>Field event chiefs will be allocated however we will be calling upon parents of competing athletes to assist at field events</i></b>
<b>Enquiries</b>	<a href="mailto:midwestmetzone@gmail.com">midwestmetzone@gmail.com</a>

This is meant to be a **FUN DAY** for all children, and we wouldn't like it spoiled by unnecessary protests  
Full canteen facilities and barbecue will be available at the ground