



WALLSEND TRACK AND FIELD GALA DAY 2023

www.wallsendathleticsclub.org.au

SUNDAY 29/10/2023

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 31/12/2024

TINY TOTS	50m, 100m & TINY TOT ACTIVITIES							
UNDER 6	70m	100m	300m	Long Jump	Shot Put	Discus	Bean Bag	Orange Race
UNDER 7	70m	100m	500m	Long Jump	Shot Put	Discus	Bean Bag	Sack Race
UNDER 8	70m	100m	700m	Long Jump	Shot Put	Discus	Sack Race	Orange Race
UNDER 9	100m	200m	800m	Long Jump	Shot Put	Discus		
UNDER 10	100m	200m	800m	High Jump	Discus	Long Jump		
UNDER 11	100m	200m	800m	Long Jump	Discus	Shot Put		
UNDER 12	100m	200m	800m	High Jump	Shot Put	Discus		
UNDER 13	100m	200m	800m	High Jump	Shot Put	Long Jump		
UNDER 14	100m	200m	800m	Long Jump	Discus	High Jump		
UNDER 15	100m	200m	800m	High Jump	Long Jump	Shot Put		
UNDER 17	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+) POLE VAULT (12yrs+) TRIPLE JUMP (15yrs+)
IAN PETTIGREW ONE MILE – 2 DIVISIONS (SEE BACK FOR DETAILS)

(TROPHY EVENTS WILL ANNOUNCED ON THE DAY)

- 1st 2nd and 3rd place in all events will receive a Ribbon.
- 1st place in feature event will also receive a Trophy.
- TINY TOTS, U6, U7, U8, U9 unplaced athletes receive a Gala Competitor Ribbon.

110 metres HANDICAP GIFT RACE (30 metres maximum handicap)
SENIOR U13 to MASTERS only First Prize \$100 Second Prize \$75 Third Prize \$50
JUNIOR U8 to U12 only First Prize \$75 Second Prize \$50 Third Prize \$25
All Cash prizes HANDICAP ENTRY..... ON REVERSE SIDE.

All athletes U6 to Masters MUST PAY THE COMPETITION FEE \$15.00 per athlete. Tiny Tots \$5.00.

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

PLUS \$5.00 entry fee to enter the 110m JUNIOR or SENIOR HANDICAP RACE

MAXIMUM FEE PER FAMILY \$45 (EXCLUDING GIFT ENTRIES)

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

ALL ENTRIES CLOSE 6PM THURSDAY 26TH OCTOBER 2023

ONLINE ENTRY email 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.

A full list of entries will be posted on our website on Friday 27/10/2023 after 6pm.

PRINT Name _____ Club _____ Reg No/Member ID _____
Email: _____ Phone No _____

M/F ___ Date of Birth ___/___/___ Age Group U/___

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 29/10/2023

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 U6 to U17 LANSW Rules, U20 to Masters ANSW Rules. Club amendments apply (SEE BELOW)
Masters ages shall be 30+ for Men and Women.

Age as of 31/12/2024

LA Rules U11 to U17 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 (U/9-U/12) (NO SPIKES)
Division 2 (U/13-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+(must be registered with ANSW),
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 26/10/2023

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

Name _____ Age _____ Club/Centre _____

Best 100m time this year: _____ on / /2023



Springs Hotel
Cnr Tyrell st & Low st,
Wallsend.
Just 250m away from
Federal Park.