



25th Annual Gala Day

Sunday 24th November 2024

Ron Brown Oval, Park rd Nowra (Shoalhaven High)

Entries Close 22nd November 2024

NO on the day entries

Breakfast from 8.30am

Canteen EFTPOS/Cash

START: 1500m 8.45am

Other events: 9am

COST

TINY TOTS \$10

6'S-20'S \$5 PER EVENT OR \$25 FOR ALL

ACCOUNT DETAILS

SHOALAVEN LITTLE ATHLETICS

BSB 633 000

ACCT 140710666

ATHLETES LAST NAME AS REFERENCE

Events: Feature Event in **BOLD** - First place receives trophy

TT; 70m, 100m, fun event, fun event, shot put

6's; 70m, 100m, 200m, 300m, long jump, **shot put**

7's; 70m, 100m, 200m, **500m**, long jump, discus

8's; 100m, 200m, 400m, 700m, **long jump**, shot put, discus

9's; 100m, 200m, **400m**, 800m, high jump, long jump, shot put

10's; 100m, 200m, 400m, 800m, high jump, shot put, **discus**

11's; 100m, 200m, 400m, **800m**, long jump, discus, shot put, 1500m

12's; 100m, 200m, 400m, 800, high jump, **shot put**, discus, 1500m

13's; 100m, 200m, 400m, 800m, long jump, discus, **javelin**, 1500m

14's; 100m, 200m, **400m**, 800m, triple jump, javelin, high jump, shot put, 1500m

15's; 100m, 200m, 400m, 800, long jump, **javelin**, discus, triple jump, 1500m

16's-20's; 100m, 200m, 400m, 800m, triple jump, high jump, discus, javelin, **1500m**

Multiclass; 100m, **200m**, 400m, long jump, shot put, discus



Contact Person.....

Number.....

Club.....

Athlete	Rego No	B/G	Age Group	Event 1	Event 2	Event 3	Event 4	Event 5	Event 6	Event 7	Event 8	Event 9

Entries mail to shoalhavengala@gmail.com

Athletes may go up an age group IF events are not offered in their age group

Provided weights DO NOT differ.

