



IGA RELAY CARNIVAL

**SUNDAY 7th DECEMBER 2008, 9am – 4pm (approx)
AIS ATHLETICS FIELD, BRUCE.**

EVENTS: NOMINATIONS CLOSE SATURDAY 29TH NOVEMBER

Track:	U7-8	4 x 50 metre shuttle relay and 4 x 100 metre shuttle relay
	U9-10	4 x 70 metre shuttle relay and 4 x 100 metre circular relay
	U11-17	4 x 100 metre circular relay and 4 x 400 metre circular relay
Field:	U7-9	Long Jump and Shot Put
	U10 & 12	Long Jump and Discus
	U11	Long Jump and Shot Put
	U13, 15 & 17	High Jump and Shot Put
	U14	High Jump and Discus

Athletes must compete in their approved Centre Uniform, complete with current age patch, IGA patch and registration number. The wearing of footwear is mandatory. The wearing of running spikes is permitted only in the Under 9 and above age groups. The actual spikes must be either smooth pyramid or Christmas tree and no longer than 7mm at the Bruce Athletics facility.

Composite teams comprising athletes from different Centres may compete in Track Relays. Athletes may also compete in older age groups, except that U7 & U8 may not compete in the 4x400m relay.

Additional mixed Centre teams will be organised on the day by Centres prior to marshalling to ensure that all athletes are able to compete. Mixed gender teams are not permitted.

Competitors are allowed 2 trials only in long jump, discus and shot put.

The teams points score will be based on the total points gained in all four relay team events. Centres may enter more than one team per age group, but only one team from each centre will score points. The Centre accumulating the highest points overall will be awarded the ACTLAA Relay Shield.

ENTRY: OPEN TO ALL ACTLAA REGISTERED U7 to U17 ATHLETES.

COST: FREE

PLEASE BE AT AIS BY 8.30AM

PARENTS WILL BE EXPECTED TO ASSIST WITH OFFICALLING DUTIES

PLEASE PLACE COMPLETED FORM IN BOX PROVIDED

NAME: _____ REGO: _____ AGE GROUP: _____

PARENT

SIGNATURE: _____