



IGA RELAY CARNIVAL

SUNDAY 6th DECEMBER 2009, 9am – 4pm

AIS ATHLETICS FIELD, BRUCE

COST: FREE

ENTRY: OPEN TO ALL REGISTERED U7 to U17 ATHLETES
INDICATION OF ENTRY REQUIRED BY 28 November

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

Athletes are encouraged to participate even if a Centre cannot field a whole team. 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 participate. Mixed gender teams are not permitted.

Competitors are allowed 2 trials only in long jump, discus and shot put. Participation ribbons will be given to all athletes. Placegetter ribbons for all events will be given to athletes finishing 1st, 2nd and 3rd

QLAC's points score will be based on the total points gained in all four relay team events. We may enter more than one team per age group, but only the highest finishing track relay team will score points for QLAC. In the field events, the top two finishers in each age group will score points. The Centre accumulating the highest points overall will be awarded the ACTLAA Relay Shield.

Pre-registration is not required but QLAC is required to provide anticipated numbers of athletes per age group in order to allow planning for the smooth running of the Relay Carnival.

PLEASE PRINT CLEARLY

PLEASE TEAR OFF AND PLACE IN BOX AT ANNOUNCING TENT

Name: _____ **Rego Number:** _____

Age group: U _____ **Boys/Girls (Please circle)**

Parent Name: _____ **Signature** _____

Please note that parent assistance will be different to other carnivals. There will be no pre-assignment of duties prior to the day but on the day, parents will be requested to turn up to events to assist. Events will not commence until the required number of assistants are in attendance.