



NEPEAN L.A.C.
THE
WARREN MOSSMAN MEMORIALSHIELD

Sunday 19th November 2006
Blair Oval St Marys
9.00am Start

U/6	70m	200m	L/J	Shot		
U/7	70m	200m	500m	L/J	Shot	
U/8	100m	400m	700m	L/J	Disc	
U/9	200m	800m	60mH	L/J	Shot	
U/10	100m	400m	1100W	H/J	Disc	
U/11	200m	800m	60mH	L/J	Shot	
U/12	100m	400m	1500m	1500W	H/J	Disc
U/13	200m	800m	80mH	L/J	Shot	
U/14	100m	400m	1500m	H/J	Disc	
U/15	100m	200m	800m	90/100mH	L/J	Shot
U/16-19	100m	200m	400m	L/J	Shot	Disc

U/13-15 ONLY Choice of OPEN 1500m WALK, OPEN 3000m RUN, Open Triple Jump
Or Open Javelin (400g for Girls, 600g for Boys)

U/6 TO U/12 MAY COMPETE IN A LIMIT OF FOUR (4) EVENTS
U/13 TO U/15 MAY COMPETE IN A LIMIT OF FOUR (4) EVENTS PLUS ONE OPEN EVENT
U/13 TO 15 WHO WISH TO DO OPEN EVENTS ONLY MAY COMPETE IN TWO EVENTS
U/16 to U/19 MAY ALSO DO OPEN EVENTS BUT WILL NOT BE ELIGIBLE FOR THE WARREN
MOSSMAN SHIELD

TROPHIES FOR FEATURE EVENTS.
MEDALS FOR 1ST, 2ND AND 3RD IN EACH AGE GROUP
U/13 TO U/15 BEST ATHLETE WILL RECEIVE WARREN MOSSMAN MEMORIAL SHIELD

THERE WILL BE FOUR (4) TINY TOT EVENTS, CLOSING ON THE 10/11/06
EVERY COMPETITOR WILL RECEIVE A MEDAL, RIBBONS WILL BE AWARDED TO ALL
COMPETITORS IN EACH EVENT

TIME: 11.30AM COST:\$7.00 PER COMPETITOR
EVERY COMPETITOR MUST BE REGISTERED WITH L.A.A.N.S.W.

ENTRY FEE \$8.00 PER COMPETITOR (COMPETITORS CAN ENTER A MAXIMUM 4 EVENTS)
\$2.00 FOR A OPEN EVENT (U/13 TO U/15)
ENTRIES CLOSE 3rd NOVEMBER 2006, NO LATE ENTRIES.
BACKUP DATE TBA NO REFUNDS.

POST ENTRIES TO:
MRS KAY SWANN 52 HENNESSY CRES, SHALVEY 2770 (WITH ENTRY FEE)
ENQUIRES: PHONE KAY ON 96286844, 0414652023 OR CHERYL 0428449786
NO PHONE ENTRIES ACCEPTED

IF AN EVENT IS NOT CATERED FOR IN AN AGE GROUP THE ATHLETE MAY GO UP ONE AGE GROUP
AS LONG AS LAANSW SPECIFICATIONS DO NOT CHANGE.

NAME: _____ AGE GROUP: _____ REGO No: _____

CLUB: _____