



# IGA RELAY CARNIVAL

**SUNDAY 6<sup>th</sup> DECEMBER 2009, 9am – 4pm (approx)**

**AIS ATHLETICS FIELD, BRUCE.**

## **EVENTS:**

**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.

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.

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 the highest finishing track relay team from each centre will score points. In the field relays, 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 Centres are requested to provide anticipated numbers of athletes per age group to the ACTLAA office by Sunday 29th November 2009 in order to allow planning for the smooth running of the Relay Carnival.

**Only Chief Officials will be allocated prior to the Carnival. All field event assistants will be called for at the time the event is run.**

Participation ribbons will be given to all athletes. Placegetter ribbons for all events will be given to athletes finishing 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>.

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

**COST: FREE**