



IGA RELAY CARNIVAL

**SUNDAY 11th DECEMBER 2011, 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 super sprint medley circular relay (1 x 400, 1 x 200, 2 x 100)
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 medley relay. Additional mixed Centre teams **are to 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 4 December 2011** in order to allow planning for the smooth running of the Relay Carnival.

For all field events, only Chief Officials will be allocated prior to the Carnival. All field event assistants will be called for from parents of athletes competing in that event at the time the event is run.

Participation ribbons will be given to all athletes. Place getter ribbons for all events will be given to athletes finishing 1st, 2nd and 3rd.

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