

NEPEAN LAC

WARREN MOSSMAN MEMORIAL SHIELD & GALA DAY

Date: Sunday 5th November, 2023

Venue: Blair Oval, Creek Rd, St Marys **Start:** 9.00am

Entry Fee: \$20.00 per athlete

ENTRIES CLOSE 27th October, 2023

No entries will be taken on the day

Entries accepted via ResultsHQ

Email Entries and payment details to nepeanlitleas@hotmail.com

Entries payable by direct credit to:

Account Name: Nepean LAC **BSB:** 062173 **Acc No:** 10282725

Please put the athletes name in the description.

Postal entries (Cheques payable to Nepean LAC) may be sent to

Narelle Forth 14 Robinson Rd, Cranebrook 2749

Name: _____

DOB: _____

Age group: _____

M/F: _____

Club: _____

Rego No.: _____

u/6	50m	100m	300m	L/J	Shot		
u/7	70m	100m	500m	L/J	Discus		
u/8	70m	100m	700m	L/J	Shot		
u/9	100m	200m	800m	60mH	700mW	L/J	Discus
u/10	100m	400m	800m	60mH	H/J	Shot	
u/11	100m	200m	800m	80mH	1100mW	L/J	Discus
u/12	100m	400m	1500m	1500mW	80mH	H/J	Shot
u/13	100m	200m	800m	80mH	L/J	Discus	
u/14	100m	400m	1500m	80m/90m	H/J	Shot	
u/15	100m	200m	800m	90/100mH	L/J	Discus	Shot
u/16-u/20	100m	400m	1500m	H/J	Shot	Discus	
u/13-u/20 ONLY	OPEN EVENTS	Kevin Stone 1500mW		3000m	Triple Jump	Javelin (500g Girls) (600g Boys)	

* All U6-U17 athletes are to be a registered with a LA Club. All others must be registered with a Senior Club.

* All athletes can enter a max. 5 events.

* To be eligible for the Warren Mosman Shield, athletes in the U13-U15 must enter an open event.

The open event must be apart of the selected 5 events.

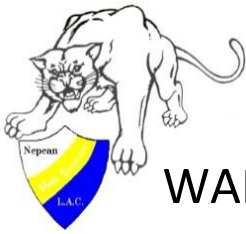
* U13 – U15 who wish to compete in open events only, may choose 3 open events.

* A trophy will be given for the winner of feature events (this will be decided when all entries are received). Medals will be awarded for 1st, 2nd and 3rd in all other events.

* Athletes may compete up an age in an event if the event is not being offered in their age group, as long as the specifications are the same.

Enquiries: Kay Swann 0414652023 or

Narelle Forth 0412750066



NEPEAN LAC

WARREN MOSSMAN MEMORIAL SHIELD & GALA DAY TINY TOTS

Date: Sunday 5th November, 2023

Venue: Blair Oval, Creek Rd, St Marys **Start:** 11.00am

Entry Fee: \$10.00 per athlete

ENTRIES CLOSE 27th October, 2023

No entries will be taken on the day

Entry via ResultsHQ

Email Entries and payment details to nepeanlittleas@hotmail.com

Entries payable by direct credit to:

Account Name: Nepean LAC **BSB:** 062173 **Acc No:** 10282725

Please put the athletes name in the description.

Postal entries (Cheques payable to Nepean LAC) may be sent to
Narelle Forth 14 Robinson Rd, Cranebrook 2749

Name: _____

DOB: _____

Age group: _____

M/F: _____

Club: _____

Rego No.: _____

* There will be 5 Tiny Tot Events 50m, 70m, Hurdles, Shot Put and Long Jump

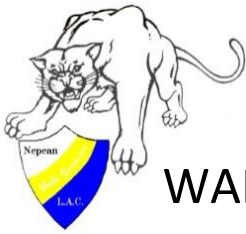
* **NOTE:** U4 and U5's will be separated.

* Each competing athlete will receive a trophy with ribbons being handed out for each event.

* Athletes must be registered with a NSWLA Centre to compete

Enquiries: Kay Swann 0414652023 or

Narelle Forth 0412750066



NEPEAN LAC

WARREN MOSSMAN MEMORIAL SHIELD & GALA DAY MULTI-CLASS

Date: Sunday 5th November, 2023

Venue: Blair Oval, Creek Rd, St Marys **Start:** 9.00am

Entry Fee: \$20.00 per athlete

ENTRIES CLOSE 27th October, 2023

No entries will be taken on the day

Entry via ResultsHQ

Email Entries and payment details to nepeanlittleas@hotmail.com

Entries payable by direct credit to:

Account Name: Nepean LAC **BSB:** 062173 **Acc No:** 10282725

Please put the athletes name in the description.

Postal entries (Cheques payable to Nepean LAC) may be sent to

Narelle Forth 14 Robinson Rd, Cranebrook 2749

Name: _____

DOB: _____

Age group: _____

M/F: _____

Club: _____

Rego No.: _____

Classification: _____

u/9 – u12	100m	200m	800m	L/J	Discus	Shot Put
u/13 – U17	100m	200m	800m	L/J	Discus	Shot Put

* All U9-U17 athletes are to be a registered with a LA Club. All others must be registered with a Senior Club.

* All athletes can enter a max. 5 events.

* Medals will be awarded for 1st, 2nd and 3rd in all events.

Enquiries: Kay Swann 0414652023 or Narelle Forth 0412750066