



NEPEAN LAC

WARREN MOSSMAN MEMORIAL SHIELD & GALA DAY

Date: Sunday 2nd November, 2025

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

Entry Fee: \$20.00 per athlete

ENTRIES CLOSE 27th October, 2025

No entries will be taken on the day

First Call 8.45am first events: 9.00am

Email enquiries to nepeanlitleas@hotmail.com

Enquiries Narelle 0412750066 or Heike 0425272735

Nominations via ResultsHQ

u/6	50m	100m	300m	L/J	Shot	Discus		
u/7	70m	100m	500m	L/J	Discus	Shot		
u/8	70m	100m	700m	L/J	Shot			
u/9	100m	200m	800m	60mH	700mW	L/J	Discus	
u/10	100m	4 00m	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	Javelin
u/13	100m	200m	800m	90mH	L/J	Discus		
u/14	100m	400m	1500m	90/100mH	H/J	Discus	Shot	
u/15	100m	200m	800m	90/100mH	L/J	Discus	Shot	
u/17	100m	400m	1500m	100mH	H/J	Discus	Shot	
u/20	100m	200m	800m	100mH	L/J	Shot	Discus	
u/13-u/20 ONLY	OPEN EVENTS	Kevin Stone 1500mW		3000m	Triple Jump	Javelin (500g Girls) (600g Boys)		

Multi- Class

u/9 – u12	100m	200m	800m	L/J	Discus	Shot Put
u/13 – U16	100m	200m	800m	L/J	Discus	Shot Put
U17 – U20	100m	200m	800m	L/J	Discus	Shot Put

* All U6-U20 athletes are to be a registered with a LA Club or a Senior Club.

* All athletes can enter a max. 5 events.

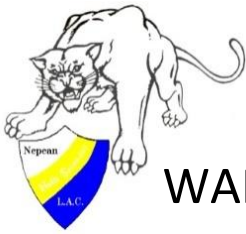
* To be eligible for the Warren Mossman Shield, athletes in the U13–U15 must enter an open event.

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 for their normal age group



NEPEAN LAC

WARREN MOSSMAN MEMORIAL SHIELD & GALA DAY TINY TOTS

Date: Sunday 2nd November, 2025

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

Entry Fee: \$10.00 per athlete

ENTRIES CLOSE 27th October, 2025

No entries will be taken on the day

Email enquiries to nepeanlittleas@hotmail.com

Enquiries Narelle 0412750066 or Heike 0425272735

Nominations via ResultsHQ

* 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 or senior Club to compete