

The Hamilton Little Athletics Centre

Presents

NITRO

ATHLETICS



DATE: Saturday 24th November 2018

TEAM EVENTS
FOR ALL...

Grab your friends
& family for a
FUN DAY OUT

BBQ &
CANTEEN



\$5.00
ENTRY
- Per person
- Per event

Further Information...



Hamilton50lac@gmail.com



0409 784 206

This is a team event where all family members or friendship groups can have a go at athletics in a non-technical way. We are encouraging team and individual entries of all abilities to participate and aim for a FUN, RELAXED and SOCIAL day out for everyone.

So save the date, check out our events and get your entry in...

DATE: Saturday 24th November 2018.

VENUE: Mitchell Park Oval, Mt Napier Rd Hamilton.

TIME: 10:00am to be reviewed with final registrations.

ENTRY FEE: \$5.00 per person, per event.

ENTRIES CLOSE: Wednesday 14th November 2018.



Little
Athletics
**REGISTRATION
NOT REQUIRED**

**AGE IS OF
31st December 2018.**



**ENTRANTS
may enter in more than one
event**

SUBMIT ENTRIES TO: hamilton50lac@gmail.com or

8579 Glenelg Hwy, Warrayure Vic 3301

ENQUIRIES: hamilton50lac@gmail.com or PH- 0409 784 206



South West Games

Southern Grampians 3 – 11 November 2018



INDIVIDUALS-

Can enter as a "WILD CARD" they can be selected to participate within any team.

A great chance to meet new people and make lasting friendships.

JUNIORS- children aged 5-8 years.

Teams of 4 Any age combination of 5-8 years.

Discus Long Jump Shot Put 100mtrs On Tracks

INTERMEDIATES- children aged 9-12 years.

Teams of 4 Any age combination of 9-12 years.

Discus Long Jump Shot Put 200mtrs On Tracks

SENIORS- children aged 13-16 years.

Teams of 4 Any age combination of 13-16 years.

Discus Triple Jump Javelin 200mtrs

JUNIOR FAMILY- 1 member aged 5-8 years (minimum)

Teams of 4 Any age combination for remaining 3 members.

Shot Put Triple Jump Long Jump Hurdles

INTERMEDIATE FAMILY- 1 member aged 9-12 years (minimum)

Teams of 4 Any age combination for remaining 3 members.

Discus Triple Jump Long Jump Hurdles

SENIOR FAMILY- 1 member aged 13-16 years (minimum)

Teams of 4 Any age combination for remaining 3 members.

Shot Put Long Jump Triple Jump Hurdles

ELIMINATION 1500mtr- Teams of 3-4 Any age combination

1-MINUTE RELAY CHALLENGE- Teams of 4 Any age combination.

DISCUS SHOT PUT JAVELIN

Red zone = 3points yellow zone= 6points blue zone = 9points

LONG JUMP TRIPLE JUMP

Red zone = 3points yellow zone= 6points blue zone = 9points

SPRINTS HURDLES

30-40secs = 3points 20-30secs= 6points 10-20secs = 9points

ELIMINATION 1500mtr

3rd = 10points 2nd = 20points 1st = 30points
All team members run together against other teams for 5 laps.
As each lap passes those runners coming last will be tapped out.
your team aim is to have a runner finish the race in 1st, 2nd or 3rd place.

1-MINUTE RELAY CHALLENGE

3rd = 10points 2nd = 20points 1st = 30points
This is a run against other teams. Each member runs for 1minute.
One member from each team runs at a time than passes their baton
to the next member. Places are calculated by most distance ran.

Games Co-ordination: V & L Sports Services P: 03 5562 5115 E: val@vlsports.com.au

Presented by: South West Sport: P.O. Box 679 Warrnambool 3280 P: 03 5561 1689 E: sws@southwestsport.com.au

Website: www.southwestgames.com.au SouthWestGamesVic

NITRO ATHLETICS ENTRY FORM



FULL NAME: _____

DATE OF BIRTH: _____ F M

ADDRESS: _____

LA Vic Athlete: YES NO CENTRE: _____

AMBULANCE COVER: YES NO

PARENT/GUARDIAN: _____

PHONE: _____

EMAIL: _____

EVENTS (circle)

- JUNIOR JUNIOR FAMILY
INTERMEDIATE INTERMEDIATE FAMILY
SENIOR SENIOR FAMILY
ELIMINATION 1500mtr 1-MINUTE RELAY

TEAM NAME: _____

TEAM MEMBERS: _____

* an entry form is to be received for each member
*TEAM NAME will be considered the reference

I give permission for my child/children to participate in the South West Games Nitro Athletics at their own risk.
I understand photographs containing myself/children may be used for any media before, during or after the event/season
I accept the Hamilton Little Athletics Centre Inc. are the organising body ONLY and take no responsibility for any injury.

PARENT/GUARDIAN SIGNATURE _____

required for children up to 18 years.

ENTRANT SIGNATURE _____

18 years and above