
WHITSUNDAY ATHLETICS CLUB INC.
PO Box 480 Proserpine QLD 4800

President: Robert Jensen
Secretary: Michelle Hannigan Treasurer: Lisa Steele
Registrar: Judi Worrall

2010 PENTATHLON DAY



On
Saturday 14th August 2010
At
Proserpine State High School
(Stanbury Street entrance)
NOMINATIONS CLOSE: 6th August 2010

Entry Fee: \$ 15 per athlete + additional \$12 for un-registered athletes

PROGRAM BEGINS AT 10:00am
WARM UP FROM 9:00am ONWARDS

TROPHIES FOR HIGHEST POINTS FOR BOTH MALE & FEMALE ATHLETES IN EACH AGE GROUP

* MEDALS FOR ALL PARTICIPANTS

*SAUSAGE SIZZLE LUNCH FOR ALL ATHLETES

* CANTEEN FACILITIES OPERATING ALL DAY

A PROGRAM will be available on the day

WHITSUNDAY ATHLETICS CLUB INC. 2010 PENTATHLON DAY

GENERAL INFORMATION AND CONDITIONS

1. Club athletes are those registered with QLAA, ANQ, QVA or QMA and be a members of an affiliated club.
2. All competitors not registered with any of the aforementioned associated bodies will be required to pay an additional **day registration fee of \$12.00**. Registered athlete fees are \$15 per nomination.
3. All club athletes must be attired in their correct CLUB uniforms.
4. Athletes who are QLAA, ANQ or QAA members must wear their registered competition number affixed to the front of their uniform top. QLAA members must have their current age label in the designated place (left sleeve for t-shirts or left leg of shorts for those wearing singlets)
5. Day registered athletes may wear their school sports uniform, a white T-Shirt or singlet.
6. Athletes can only compete in their own age group and must compete with their age group for the entire program.
7. Ages are determined as: Age at 31st December 2010
8. Medallions will be awarded to all athletes.
9. Trophies will be awarded to the outstanding male and female athletes in each age group.
10. Athletes must complete their **FIVE** events to be eligible for medallions and trophies.
11. In all field events there will be **THREE** attempts per competitor.
12. Rules, criteria and conditions are set out in the PENTATHLON DAY PROGRAM 2010.
13. **Warm Ups** are the responsibility of each club and begin 9:00am

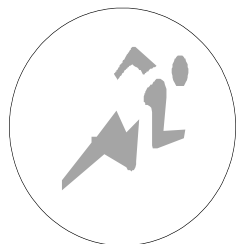
Nominations close on 6th August 2010.

Late nominations may be accepted on the day BEFORE 8:30am

Late nomination fee is \$20 per athlete.

Fees are payable with nomination form. If you are nominating through your club, please note that even if you do not compete on the day your club will still be charged for your nomination and it will be their responsibility to acquire outstanding fees.

If you have nominated via fax or phone, fees are payable **PRIOR** to commencement of competition.



PROGRAM OF EVENTS

(Order not yet finalised)

6yrs & Under	60m	80m	100m	Long Jump	Discus
7yrs	80m	100m	200m	Long Jump	Discus
8yrs	80m	100m	800m	Long Jump	Shot Put
9yrs	80m	100m	800m	Long Jump	Shot Put
10yrs	100m	200m	800m	Long Jump	Discus
11yrs	100m	200m	800m	Long Jump	Discus
12yrs	100m	200m	800m	Long Jump	Shot Put
13yrs	100m	200m	800m	Long Jump	Shot Put
14yrs	100m	200m	800m	Long Jump	Discus
15yrs	100m	200m	800m	Long Jump	Discus
16yrs	100m	200m	800m	Long Jump	Shot Put
17yrs, 18yrs & U20	100m	200m	800m	Triple Jump	Shot Put
Open, PV & Vet	100m	200m	800m	Triple Jump	Javelin

2010 PENTATHLON DAY NOMINATION FORM

NAME:.....
 Date of Birth..... M or F
 Phone No..... Signature.....
 CLUB.....Reg No:.....

Enter through your club secretary or return this section with your nomination fee of \$15 (+\$12 if day register) to:

Judi Worrall – Registrar – PO Box 480 Proserpine QLD 4800

Email: donnelly@activ8.net.au

For further information contact: Robert Jensen - President

Email: rjens12@eq.edu.au