


SMITHFIELD MITRE 10 CORAL COAST TRACK AND FIELD CARNIVAL

	4 Years & Under	5 Years	6 Years	7 Years	8 Years	9 Years	10 Years	11 Years	12 Years	13 Years	14 Years	15 years	16 years	Under 18	Under 20	Open	Masters 30-34	Masters 35-39	Masters 40-44	Masters 45-49	Masters 50-54	Masters 55-59	Masters 60 -69	Masters 70 & O	AWD (Track Only) for Field Events see Note below.	
60m																										
80m																										
100m																										
145m																										
200m																										
400m																										
800m																										
1500m																										
2000m Steeple Chase (M) U16M (76.2cm) U18M (91.4cm)																										
2000m Steeple Chase U18/U20/ Masters W (76.2cm)																										
3000m Steeple Chase (M -91.4cm / W - 76.2cm)																										
3000m																										
5000m																										
800m Walk																										
1500m Walk																										
3000m Walk																										
60m Hurdles																										
80m Hurdles (W 12& 13 yrs, M 70+, W 40+)																										
90m Hurdles (W)																										
90m Hurdles (M)																										
100m Hurdles (W U18, U20, O, 30-39)																										
100m Hurdles (M U16, U18, 60-69)																										
110m Hurdles (M U20, O, 30-49)																										
200m Hurdles (10 hurdles - 76.2cm)																										
400m Hurdles (W - 76.2cm) (W 30-49) (U18 M - 84cm) (M U20/O - 91.4cm) (M30-59)																										
Long Jump																										
Triple Jump																										
High Jump (Flop 11yrs & Over)																										
Shot Put																										
Discus																										
Javelin																										
Hammer - Must be 14 years or older																										
Pole Vault - Must have own pole and be proficient																										
300M Dash for Cash - Prize Event (\$15.00 Entry)																										

First Name:Surname
 Club:..... Registration No:.....
 Male / Female. AWD (Athletes with Disabilities): Yes / No AWD Category No.:.....
 Telephone:..... Email:.....
 Date of Birth:..... Age as at 31/12/2009.....
 (Masters age on first day of competition)

Facility Levy: \$ 5.00
 Athletes 4yrs & under - 7yrs (\$10.00) (No Facility Levy) \$.....
 Program: \$5.00 Qty..... \$.....
 Events: \$4.00 each Qty..... \$.....
 Masters: \$15.00 Per Athlete for any/all Events \$.....
 Dash For Cash Entry Fee: - \$15.00 \$.....
 Day Registration, Unregistered Athlete - \$20.00 \$.....
 Nomination Fees are non-refundable. TOTAL \$.....

Athletics North Queensland Age Limitations and Event Specifications apply.
 Competition will be conducted according to the IAAF and WAMA Rules and Regulations.

Athletes 4 & U, 5yrs, 6, & 7yrs will receive a performance certificate and participation Trophy.
Nomination fees:
 4yrs & under - 7yrs \$10.00 (6 Events)
NO Facility Levy applies for these age groups ONLY.
 Masters will receive a Performance Certificate and participation trophy. Facility Levy will apply for Masters

ONE ATHLETE PER NOMINATION FORM.
SHOES: Shoes must be worn and are compulsory on all events - no exceptions.
Day Registration: Any Athlete who is not registered to a club must pay a carnival registration fee of \$20.00, which covers both days of competition.
Dash for Cash: Prize money is for placings 1st through to 3rd.
AWD Field Events: Athletes will compete in their normal Age Groups in field events.

Office Use Only:
 Receipt No. _____
 Cash / Cheque / Money Order





Cairns Athletics Inc.



Presents

SMITHFIELD SMITHFIELD SMITHFIELD SMITHFIELD
MIGHTY HELPFUL™ MIGHTY HELPFUL™ MIGHTY HELPFUL™ MIGHTY HELPFUL™
MITRE 10 MITRE 10 MITRE 10 MITRE 10

2009

Smithfield Mitre 10

Coral Coast

Track & Field Carnival

Including the Aus-steel Sun Smart Structures

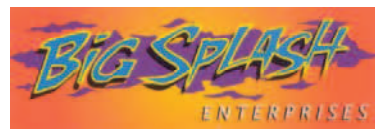
Men's DASH FOR CASH

and

Big Splash Enterprises Women's DASH FOR CASH

Barlow Park, Cnr Scott & Severin Streets, Cairns

Saturday 18th & Sunday 19th July 2009



ONE ATHLETE PER NOMINATION FORM.

The Smithfield Mitre 10 Coral Coast Track and Field Carnival will be conducted according to Athletics North Queensland Age Limitations. Athletes' birth date will be calculated as at 31 December 2009, except in the case of Masters Athletes who will compete as age on day.

80m	All Ages	60m Hurdles	7 years
100m	All Ages	80m Hurdles	12 Year Women
145m	7 – 9 Years		14 Year Women
200m	7 Years	100m Hurdles	14 Year Men
			16 Year Women
400m	10 Years	110m Hurdles	16 Year Men
800m	8 Years	200m Hurdles	14 Years (76.2cm)
1500m	10 Years	400m Hurdles	16 Years (91.4cm M) (76.2cm W)
3000m	14 Years	2000m Steeplechase	U16 Men U18/U20 Women (76.2cm)
			U18 Men (91.4cm)
5000m	16 Years	3000m Steeplechase	Open Women (76.2cm)
			U20/Open Men (91.4cm)
Track Walks			
800m Walk	10 Years		
1500m Walk	11 Years		
3000m Walk	16 Years		
Throws Events		Jumps Events	
Shot Put	All Ages	Long Jump	All Ages
Discus	All Ages	High Jump (Scissors)	8 Years
		(Flop)	11 Years
Javelin	12 Years	Triple Jump	12 Years
Hammer	14 Years		
	Minimum	Pole Vault	14 Years
		Must be proficient	

For information relating to the conditions of entry, program and general Competition for the Smithfield Mitre 10 Coral Coast Track and Field Carnival please contact:

Tracey Anderlini: cnsaths@tpg.com.au

Telephone: 07 4033 0747 (a/h)

Trudy Watson: watson81@dodo.com.au

Telephone: 0405 768 199 or

Jean Lendon: rlendon@aanet.com.au

Telephone: 07 4054 6854 (a/h) or

Events will commence at 7.45am Saturday 18th July and will conclude at approximately 3.30pm Sunday 19th July 2009.

More information can be found on the ANQ website:

www.athleticsnorthqld.org.au

Or

Cairns Athletics Website: www.cairnsathletics.org.au

NOMINATIONS MUST CLOSE:

Monday 6th July 2009

LATE NOMINATIONS WILL NOT BE ACCEPTED UNDER ANY CIRCUMSTANCES!

NOMINATIONS CAN BE SUBMITTED VIA YOUR CLUB REGISTRAR

OR ALTERNATIVELY

PLEASE SEND NOMINATIONS & MONEY TO:

**CAIRNS ATHLETICS
PO BOX 354M
MANUNDA QLD 4870**

Registered Masters nomination fee is \$15.00 only and they can enter into all/any events. Athletes who compete in Masters will receive a participation gift. Medals will not be awarded for 1st, 2nd or 3rd placings for any events in this category.

AWD = Athletes with Disabilities

Dash for Cash: 300m sprint open to Athletes 14yrs and older. Men's Prize money is for placings 1st (\$800) through to 3rd (\$150.00). Women's Prize Money is for placing 1st (\$350) through to 3rd (\$100).

Cairns Athletics wish to thank our sponsors who have supported us throughout our 2009 season.

These sponsors are: Smithfield Mitre 10, Aus-steel Sun Smart Shelters, Big Splash Enterprises, Bendigo Bank, Telequip, Tropical Sno, Raintrees Medical Centre and Shirts North