



# Lake Illawarra Athletics Association Inc Howard McGarry Memorial Summer Carnival.



**Where:** Myimbarr Community Park (Wattle Road, Flinders)

**When:** Sunday 10<sup>th</sup> January 2027

**Time:** Carnival Starts 9:00am **Weather:** Carnival will proceed in all weather conditions and will not be cancelled.

**Entry Fee: Tiny Tots:** \$10.00 per athlete

**(Late Entry Fee \$15.00)**

**(No Refunds)**

**Entry Fee: U/6 to OPENS:** \$5.00 Per Event (or 7 or more Events per athlete \$30.00) **(Late Entry Fee \$10 per Event) (No Refunds)**

**Entries Close:** Midnight Wednesday 6<sup>th</sup> January 2027 – **Late Entries close Friday 8<sup>th</sup> January 2027 - NO Entries will be taken after this date.**

**Awards:** Medals for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> Placing's in All Events except feature events – 1<sup>st</sup> Place in feature event will receive a trophy and 2<sup>nd</sup>/3<sup>rd</sup> a medal

All Tiny Tots will receive special award for participation.

**Centres will also be vying for the LILAC Shield - this is based on points for the top 8 placegetters in each event (ex Tiny Tots) at both our October Carnival and Summer Carnival.**

All track event medals given on times. No finals will be run. In keeping with the spirit of the day **NO PROTESTS** will be considered.

There is no limit to number of events an athlete can enter. Events may be combined where insufficient entries are received.

**Athletes may go up an Age Group to compete in an event not available in their own age group as long as specifications (Eg Weights) do not differ, and the event is allowed under current specifications, (eg, you are an athlete in the 13's and wanting to do the High Jump, you are able to compete in the 14's High Jump as there is no High Jump for the 13's, Your event will be listed as 14's High Jump on the Official Program**

Feature Events for each age group are in *Italics*

| Tiny Tots     | Various Activities including Running, Jumping and Throwing |      |      |         |                  |                  |                 |          |               |                |
|---------------|------------------------------------------------------------|------|------|---------|------------------|------------------|-----------------|----------|---------------|----------------|
| 6's           | 50m                                                        | 70m  | 100m | 300m    | <b>Long Jump</b> | Shot Put         | Discus          |          |               |                |
| 7's           | 50m                                                        | 70m  | 100m | 500m    | Long Jump        | Shot Put         | <b>Discus</b>   |          |               |                |
| 8's           | 60m/h                                                      | 70m  | 200m | 400m PS | 700m             | Long Jump        | <b>Shot Put</b> | Discus   |               |                |
| 9's           | 60m/h                                                      | 70m  | 200m | 400m    | 700m/w           | Long Jump        | High Jump       | Shot Put | <b>Discus</b> |                |
| 10's          | 60m/h                                                      | 70m  | 200m | 800m    | <b>1100m/w</b>   | Long Jump        | High Jump       | Shot Put | Discus        |                |
| 11's          | 80m/h                                                      | 100m | 200m | 400m    | 1100m/w          | <b>Long Jump</b> | Triple Jump     | Shot Put | Discus        | Javelin        |
| 12's          | 80m/h                                                      | 100m | 200m | 800m    | 1500m/w          | <b>High Jump</b> | Triple Jump     | Shot Put | Discus        | Javelin        |
| 13's          | 80m-90m/h                                                  | 100  | 200m | 400m    | 200m/h           | 1500m/w          | Long Jump       | Shot Put | Discus        | <b>Javelin</b> |
| 14's          | 90m-100m/h                                                 | 100m | 200m | 800m    | 300m/h           | High Jump        | Triple Jump     | Shot Put | <b>Discus</b> | Javelin        |
| 15's          | 90-100m/h                                                  | 100m | 200m | 400m    | <b>300m/h</b>    | 1500m/w          | Long Jump       | Shot Put | Discus        | Javelin        |
| 16's          | 100-110m/h                                                 | 100m | 200m | 800m    | 400m/h           | <b>High Jump</b> | Triple Jump     | Shot Put | Discus        | Javelin        |
| 17's          | 100-110m/h                                                 | 100m | 200m | 400m    | 400m/h           | <b>1500m/w</b>   | Long Jump       | Shot Put | Discus        | Javelin        |
| 20's          | 100-110m/h                                                 | 100m | 200m | 800m    | 400m/h           | High Jump        | Triple Jump     | Shot Put | Discus        | <b>Javelin</b> |
| OPENS-Masters | <b>60m*</b>                                                | 100m | 200m | 400m    | Long Jump        | Shot Put         | Discus          | Javelin  |               |                |

For more information on the carnival please contact Kevin McGarry on 0417 048 148 or via email at [lilac\\_carnival@outlook.com](mailto:lilac_carnival@outlook.com)

## Entry Format - Entries will be taken via any of the following formats

- 1 **RESULTS HQ**– via your family portal (centres must open nominations for this to occur)
- 2 **REVSORT**– via our online entry portal on our website [www.lakeillawarralac.net.au](http://www.lakeillawarralac.net.au) using your National ID
- 3 **EMAIL** – send your entry to [lilac\\_carnival@outlook.com](mailto:lilac_carnival@outlook.com) please include Athletes Name, Bib Number, Age, Gender and Centre, Payment available via Direct Deposit  
**BSB:** 633-000 **Account Number:** 150649630 **Account Name:** Lake Illawarra Little Athletics Association INC **Reference:** Athletes Name.