



# Mount Isa Athletics 'Retro' Day



Sunset Oval - June 30th - 9.30am Start (Pole Vault from 8.15am)

	50m	60m	70m	80m	145m	200m	400m	1000m	3000m	700m Walk	Walks	Hurdles Short	Hurdles Long	High Jump	Triple Jump	Pole Vault	Shot Put	Discus	Javelin	Hammer	100 Yard	1 Mile	
5 & Under Girls																							
5 & Under Boys																							
6yr Girls																							
6yr Boys																							
7yr Girls																							
7yr Boys																							
8yr Girls																							
8yr Boys																							
9yr Girls																							
9yr Boys																							
10yr Girls											800mW										400g		
10yr Boys											800mW										400g		
11yr Girls											1500mW												
11yr Boys											1500mW												
12yr Girls											1500mW	80m	200m			*		750g					
12yr Boys											1500mW		200m			*							
13yr Girls											1500mW	80/100	200m			*			500/600	4kg			
13yr Boys											1500mW		200m			*	4kg				4kg		
14yr Girls											1500mW	100m	200m			*	4kg		600g	4kg			
14yr Boys											1500mW	100m	200m			*			600g				
15yr Girls											1500mW	100m	200m			*	4kg		600g	4kg			
15yr Boys											1500mW	100/110	200m			*			600g				
16yr Girls											1500mW	100m	400m			*	4kg		600g	4kg			
16yr Boys											1500mW	100/110	400m			*							
U/18 Women											1500mW	100m	400m			*	4kg		600g	4kg			
U/18 Men											1500mW	110m	400m			*							
U/20 Women											1500mW	100m	400m			*							
U/20 Men											1500mW	110m	400m			*							
Open Women											1500mW	100m	400m			*							
Open Men											1500mW	110m	400m			*							
30-49yr Women											1500mW	100/80#	400m			*							
30-49yr Men											1500mW	100/110	400m			*							
50-59yr Women											1500mW	80m	300m			*			600g	4kg			
50-59yr Men											1500mW	100m	400m			*							
60+											1500mW	80m	300m			*			(F)400g				

Place a ✓ in the box of the events you want to compete in - Nominations must be returned to the Club at least one week prior to the event - Only the unshaded boxes (white) in the corresponding age group are available for nomination.

Retro Day is a concept where athletes get a chance to compete events that are not offered on normal Club Days. The event is only opened to registered Club athletes. No medals or ribbons will be on offer and there will be no points gained for the end of year tally, just a chance to compete in events you wouldn't usually get to do and maybe even break Club Records which do not often get challenged.

\* Athletes must be deemed competent prior to the event to compete in Pole Vault

# 80m Hurdles for Women 40yrs and Over

Please note that only 2 Distance events (walks/runs) are able to be nominated for - check schedule of events before nominating

Name: \_\_\_\_\_

M/F: \_\_\_\_\_ Age: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Phone: \_\_\_\_\_