



# Mount Isa Athletics 'Retro' Day



Sunset Oval - July 8th - 9.30am Start (Pole Vault from 8.15am)

	50m	60m	70m	80m	145m	200m	400m	1000m	3000m	700m Walk	1500m Walk	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																				400g			
10yr Boys																				400g			
11yr Girls																							
11yr Boys																							
12yr Girls												80m	200m			*		750g					
12yr Boys													200m			*							
13yr Girls												80/100	200m			*			500/600	4kg			
13yr Boys													200m			*	4kg			4kg			
14yr Girls												100m	200m			*	4kg		600g	4kg			
14yr Boys												100m	200m			*			600g				
15yr Girls												100m	200m			*	4kg		600g	4kg			
15yr Boys												100m	200m			*			600g				
16yr Girls												100m	400m			*	4kg		600g	4kg			
16yr Boys												100/110	400m			*							
U/18 Women												100m	400m			*	4kg		600g	4kg			
U/18 Men												110m	400m			*							
U/20 Women												100m	400m			*							
U/20 Men												110m	400m			*							
Open Women												100m	400m			*							
Open Men												110m	400m			*							
30-49yr Women												100/80#	400m			*							
30-49yr Men												100/110	400m			*							
50-59yr Women												80m	300m			*			600g	4kg			
50-59yr Men												100m	400m			*							
60+												80m	300m			*			(F)400g				

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

Retro Day is a new 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

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

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

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

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