



# Mount Isa Athletics 'Retro' Day



Sunset Oval - Sept 15th - 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: \_\_\_\_\_