

9th Memorial Joe M Gerada Track & Field Invitational Meeting

(Under MAAA rules)

PLEASE READ CAREFULLY ALL THE INSTRUCTIONS

VENUE: - MATTHEW MICALLEF St. JOHN ATHLETIC STADIUM – MARSA

DATE: - Saturday 23rd December 2017 – starting at 12.00 noon

(In case of inclement weather the meeting may be held on Saturday 30th December 2017, as per attached or reduced programme according to the availability of officials)

The **Track and Field 2017 calendar** season is drawing to a close. This invitational meeting will be an opportunity to assess performance according to scheduled training programmes as set out by your coaches. It is also the last chance to improve on a personal best time or distance, or perhaps set a category or national record, **before age categories change** as from 1st January 2018, according to MAAA and international recognition of categories.

N.B. Categories for this Meeting are as per current year – not as from 1st January 2018

EVENTS:-

Cubs	born 2008 or later	60m, Long Jump
Kids	born 2006, 2007	60m, Long Jump
Cadets	born 2004, 2005	60m, 300m, 600m, Long Jump, High Jump, Shot, Discus
Youths	born 2002, 2003	60m, 300m, 800m, Long Jump, High Jump, Shot, Discus Hammer
Intermediate,	born 2000, 2001	60m, 300m, 1000m, Long Jump, Shot, Discus, Javelin, Hammer
Juniors,	born 1998, 1999	60m, 300m, 1000m, Long Jump, Triple Jump, Shot, Discus, Javelin, Hammer
Senior,	born 1997 or earlier	60m, 300m, 1000m, Long Jump, Triple Jump, Shot, Discus, Javelin, Hammer, 60m Hurdles, 400m Hurdles

All Events are for Males and Females

Spiked shoes may be worn by anyone **born 2005 or earlier**. There will be a maximum of three jumps and three throws per athlete in the field events (NO FINALS) irrespective of age category.

FEE PER EVENT:- Together with the entry form, the participating club or school official is to collect a donation of **€1 per athlete, per event entered** and submit this donation and entry form 2 days **PRIOR** to the Memorial. Payment by Cheque is to be made payable to Pembroke Athleta Athletics & Triathlon.

ENTRY: **Closing date is STRICTLY on Thursday 21st December 2017.**

NO entries or requests for **changes** will be accepted on the day of the Competition, except at the discretion of the organizers, if deemed justifiable

Application Forms: - Entries are to be submitted **EITHER**
by post to _80, Mirramiti, Triq Sghajtar Naxxar, NXR 05 **or**,
by e-mail to ant.fava47@gmail.com or victorcamilleri58@gmail.com

N.B. It is **IMPORTANT** to remember that one **MUST** adhere to the 21st December 2017 closing date

EVENTS:-

- Each event will be held according to the attached timetable.
- **An athlete can take part in TWO events ONLY**. (e.g. two track or two field or one track and one field event)
- Female athletes will precede the male event of the same category.
- An athlete may participate in his/her category or in the **next higher category, but not in both.** (e.g. a Cadet can enter in the 60m Youth but cannot then run the Cadet 60m).
- In the track and field events, as per MAAA rules, the male and female events cannot be merged. A merger will only take place in extreme circumstances at the discretion of the organisers.
- The competition will proceed in series for each event, in the following order:
Senior, Junior, Intermediate, Youth, Cadets, Kids and Cubs.
- It is intended to have Track events timed electronically.
However, if circumstances dictate otherwise, hand timing will be used.
- Heights for the 60m Hurdles shall be 76.2cm (Females) and 91.4cm (400m) and 76.2cm (Females) and 84cm (Males) for the 400m..

OFFICIALS: - Each participating club or school is kindly requested to nominate and confirm two adult assistants of some experience to help run this meeting.
However, ANY other help will be appreciated.

MEDALS: - Every participating athlete will, at a later date, be presented with an attractive commemorative medal marking this occasion, at which **Pembroke Athleta Athletics & Triathlon with respect and pride salutes its one time Secretary and Gentleman, Mr JOSEPH M GERADA, who passed away in early 2008.**

The medals will be distributed care of the respective club/school officials

SCHEDULE OF EVENTS:-

Whilst every effort will be made by the officials to start each event on time, it is the responsibility of the club/officials to help their athletes to be **punctual** for the event.

**THANK YOU ALL FOR YOUR CO-OPERATION.
GOOD LUCK TO EVERYONE!**

MERRY CHRISTMAS 2017 AND A PROSPEROUS NEW YEAR 2018

PROGRAMME

9th Memorial Joe M Gerada T & F Invitational Meeting

(under MAAA rules)

Saturday 23rd December 2017

Time	Track	Throws	Jumps
12.00 noon	400mH	Hammer	Triple Jump
12.30 p.m	60m	Discus	
1.15 p.m.			Long Jump
1.30 p.m.	600m	Shot	
2. 30 p.m.	800m		
3.00 p.m.			Long Jump (Cubs & Kids)
3.30 p.m	300m		Javelin
3.45 p.m.			High Jump
4.00 p.m.	60mH		
4.15 p.m.	1000m		

NB. Each event will start according to the above timetable.

Female athletes will precede the male events as per category.

For lack of participation Age Categories may be merged but athletes may be asked to compete in the next higher category (**not applicable for the throwing events**).

In the track events the male and female categories cannot be merged except at the discretion of the organizers.

The competition will proceed in series for each event, starting in this order: Senior, Junior, Youth, Cadet, Kid and Cub. It is the intention of the organisers that the Track events will be timed electronically; otherwise, hand timing will be used.

Each athlete entered at this Meeting can take part in not more than TWO events

