



AMA Multi Championships (Decathlon and Heptathlon) 2010

On behalf of the Australian Masters Athletics Association Inc, Queensland Masters Athletics will conduct the 9th National Decathlon & Heptathlon Championships for Registered Masters/Veterans Athletes 30 years Plus

Venue: Queensland State Athletic Facility, QSAC Kessels Road, Nathan Brisbane (Formerly QE11)

DATE: 1st May and 2nd May 2010

COST: \$40-00 , INCLUDES DAILY GROUND FEES, LUNCH , ADMINISTRATION FEES

ENTRIES CLOSE: 19th April 2010

Time Schedule:

Start Time MEN: Saturday 1st May 1-00pm (Sign in by 12-30pm) Sunday Start time 8- 00am

LADIES: Saturday 1st May 1-30pm (Sign in by 1-00pm) Sunday Start time 8-30am

DAY ONE:

Decathlon – 100m, Long Jump, Shot Put, High Jump, 400m

Heptathlon – Short Hurdles, High Jump , Shot Put, 200m

DAY TWO:

Decathlon – Short Hurdles ,Discus, Pole Vault, Javelin , 1500m

Heptathlon – Long Jump , Javelin , 800 m

A number of poles will be available for use by athletes.

Spike length is 7mm for track and horizontal jumps and 9mm for high Jump and javelin

ENTRY FORM:

Name: _____

Age Group _____ Date of Birth _____

Association / Club of Registration _____

Address _____

Phone _____ Email _____

Payment Details:

Entry Fee: **\$ 40-00**

I enclose a Cheque or Money Order \$ _____ payable to Q M A

Credit Card: Bankcard/ Masters Card/ Visa Card \$ _____ (Please circle appropriate card)

Cardholder's Name _____ Expiry Date _____

Card Number _____

Signature _____

Privacy Statement: Information collected on this form will be treated as confidential in accordance with the QMA Privacy Policy. This policy may be viewed on the QMA Website or can be requested from the QMA Secretary.

Post Entry to:

Combined Events Championships
C/-Queensland Masters Athletics Association
P O Box 564 Rochedale Qld 4123

OR

Fax 07 3209 2144