



Knox Little Athletics Centre Open Twilight Meeting

Saturday 21st Jan : 7pm - 10pm
Commencing at 2.00pm (approx finish 9.30pm)

KNOX LITTLE ATHLETICS CENTRE

Venue:

- Knox Park Sporting Complex, Bunjil Way, Knoxfield (Melways 73, D7). Entry via Bunjil Way (end of Scoresby Rd)

Entry Fee:

- \$6.00 per event or 4 events for \$20 (max 4 events).
- All fees payable at time of entry.
- **Make cheques payable to. Knox Little Athletics Centre**

Entries:

- Forward entry form and cheque/money order (NO cash in mail) to:
'Knox Twilight Open Day'
2 Knight Court
Ferntree Gully Vic 3156
- Postal entries close Friday 20th January, 2012
- **KNOX ATHLETES entries close Saturday 21st January, 2012**
- **NO LATE ENTRIES WILL BE PERMITTED**
- Phone entries will not be accepted at any time.
- Once entry is accepted NO changes possible

Enquiries:

- Chris McKissack 9763 5738
- Grant Bertram - E-mail: events@klac23.org.au

Canteen:

- Hot and cold food & drinks and confectionery will be available at all times. Additionally a full BBQ will be in operation at 'dinner time'

Awards:

- Medals will be awarded to the first three place getters. Ribbons for 4th to 8th place.

Conditions:

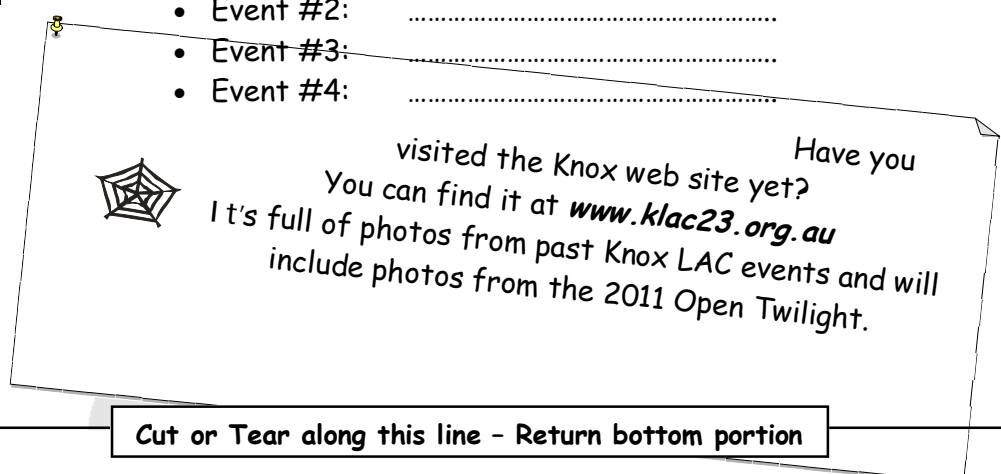
- All athletes must be registered with LAVic.
- Centre or Club uniform must be worn with Centre Patch.
- No protests will be entered into.
- Spikes (7mm conical or xmas tree) are permitted for U12 to U16's. Specialist High Jump and Javelin footwear spikes shall not exceed 9mm and ONLY for these events.
- Each athlete may progress **ONE AGE GROUP IN ONE EVENT ONLY**, if preferred event is not offered in correct age group.
- Athletes may use their own starting blocks (12mm conical) or those provided by the Knox Centre.
- Knox LAC reserves the right to cancel an event should there be insufficient entries for that event.



• Duty is compulsory for Parents of competing Knox LAC athletes.

Record your events and keep this portion for your reference.

- Event #1:
- Event #2:
- Event #3:
- Event #4:



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Age	Available Events (Circle desired events—4 events max) "Once entry is accepted NO changes possible"													
U7	70m	100m	200m							LJ		Discus	Shot	
U8	70m	100m	200m		60h			Walk	HJ		TJ	Discus		
U9	70m	100m	200m	400m	60h	800m				LJ			Shot	
U10		100m	200m		60h	800m		Walk	HJ		TJ	Discus		
U11	70m	100m	200m	400m	60h		1500			LJ			Shot	Jav
U12		100m	200m		80h	800m		Walk	HJ		TJ	Discus		Jav
U13	70m	100m	200m	400m	80h		1500			LJ			Shot	Jav 300h
U14		100m	200m		80/90h	800m		Walk	HJ		TJ	Discus		Jav 300h
U15		100m	200m	400m	90/100h		1500		HJ	LJ		Discus	Shot	300h
YA		100m	200m	400m	90/100h	800m	1500	Walk	HJ	LJ	TJ	Discus	Shot	Jav 300h

FOR KNOX PARENTS

I _____ Agree that by entering my child/ren into this competition, I will perform the DUTY assigned to me.

Please Circle Preferred Duty (more than 1 item may be circled) **Duty is compulsory for Knox Parents**
 F/S B/S Field Timing Recording Canteen BBQ Measuring Raking

Athlete Details

Name:

Address:

Post Code: Phone No:

Age Group: U/..... Boy / Girl Rego Number:.....

Centre: Club:

Signature of Parent or Guardian:

Amount Enclosed: \$ **Entries close Friday 20th January, 2012**

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