



Knox Little Athletics Centre

Open Twilight Meeting

Saturday 23rd January 2010
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'
40 Segarta Circuit
Ferntree Gully Vic 3156
- Postal entries close Monday 11th January, 2010
- **KNOX ATHLETES entries close Saturday 19th December, 2009**
- **NO LATE ENTRIES WILL BE PERMITTED**
- Phone entries will not be accepted at any time.
- Once entry is accepted NO changes possible

Enquiries:

- Sue Foord 9756 0115 A/H or 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 the 4th to 8th place.


Conditions:

- All athletes must be registered with VLAA.
- Centre or Club uniform must be worn with Centre Patch.
- No protests will be entered into.
- Spikes (7mm conical) are permitted for U12 to Y/A's.
- 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:


 Have you visited the Knox web site yet?
 You can find it at www.klac23.org.au
 It's full of photos from past Knox LAC events and will
 include photos from the 2010 Open Twilight.

Cut or Tear along this line - Return bottom portion

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 Monday 11th January, 2010

KNOX ATHLETES Entries close Saturday 19th December, 2009

Please make cheques payable to 'Knox Little Athletics Centre'