

# BAYSIDE OPEN DAY

SANDRINGHAM ATHLETIC TRACK, GLAMIS AVENUE, HAMPTON (Mel. Ref. 76 K6)  
Sandringham & Oakleigh Little Athletics Centres

## Sunday, 7th February, 2010

- Venue** Sandringham Athletics Track  
Glamis Avenue, Hampton, Mel. Ref. 76 K6
- Starting Time** 10.00am
- Eligibility** All athletes registered with VLAA and AV in their relevant age groups  
*Athletes are permitted to progress to the next available age group where an event is not offered in their current age group*
- Entries Close** Monday 25th January 2010
- Entry Fee** • Maximum 5 events per athlete. \$6 per event or 5 events for \$25
- Late Entries** • Entries after 25th January up to 1st February - \$7 per event  
• There will be NO late entries taken on the day  
• Make cheques payable to "Oakleigh LAC"
- Entries to Enquiries** Bayside Open Day, PO Box 92 Webb St, Narre Warren 3805  
Phone Pam: 9704 0018 / 0411 097 595

### Rules and Conditions

- Current Centre or Club uniform with registration patch attached and suitable footwear must be worn. 7mm spikes in sprints, hurdles, jumps, 800m & 1500m (for age groups as in the VLAA Competition Regulations)
- If insufficient entries in an event, athletes will be contacted for an alternate event choice

**Parking:** Is available at the track and surrounding streets - **observe parking restrictions**

**Canteen:** Full canteen available including BBQ

**Awards:** Medals for 1st, 2nd and 3rd placings in individual events and ribbons for 4th to 8th placings

*For your records enter your events here and only return the cut off section filling in ALL details - thank you*

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_

**ENTRY FORM: Please circle events against the appropriate age group. Please ensure gender is specified.**

							BOY <input type="checkbox"/>	GIRL <input type="checkbox"/>
U6	70m	100m	200m	LJ	SP			
U7	70m	100m	200m	LJ	SP			
U8	70m	100m	200m	LJ	SP			
U9	800m	100m	200m	LJ	SP	80mH	HJ	
U10	800m	100m	400m	LJ	Dis	80mH		1100mW
U11	800m	100m	200m	TJ	SP	80mH	HJ	
U12	1500m	100m	400m	LJ	Dis	80mH		Jav
U13	800m	100m	200m	TJ	SP	80mH	HJ	1500mW
U14	1500m	100m	400m	LJ	Dis	80/90mH		Jav
U15		100m	200m	TJ	SP		HJ	
U17	800m		400m	LJ	Dis	100mH		1500mW Jav

Name \_\_\_\_\_ Telephone \_\_\_\_\_ Centre \_\_\_\_\_

Address \_\_\_\_\_ P/C \_\_\_\_\_

Email \_\_\_\_\_ Please make cheques payable to **Oakleigh LAC**

Entry Fee \$ \_\_\_\_\_ (Enclosed) Cheque  Money Order  Cash

Complimentary lunch will be provided to Officials who work all day. If you are prepared to help please indicate preference for job. Please ensure the names of the helpers are entered below:

Helpers: \_\_\_\_\_ Preferred Job: \_\_\_\_\_

\_\_\_\_\_ Preferred Job: \_\_\_\_\_