



DONCASTER LITTLE ATHLETICS CENTRE OPEN DAY 2009

Saturday 5th December 2009
Day / Night Meeting – 1.30pm Start



Venue: Doncaster Athletics Track
George St, Doncaster (Melway Ref 33 J11)

Entries: \$6.00 per event or 5 events for \$25 (maximum 5 events) per athlete.
Cheque or Money orders payable to DLAC. **No cash in mail please.**

Mail entries to **Doncaster LAC Open Day,**
PO Box 1376, Doncaster East. 3109

Enquiries to Chris Goodwill 9848 1328

Closing Date: Saturday 28th November 2009 (entries must be received by this date)
Late entries may be accepted at the discretion of the Organising Committee.
Entries **will not** be accepted on the day

Eligibility & General Information: See reverse side of this form.

Please Record your Events Entered:

1st 2nd 3rd 4th 5th

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Surname.....First Name..... Sex M / F (circle) Age U /....
Address..... Phone No.
Email Contact.....Centre

Please circle **age group** and **events** entered (5 maximum)

U6	70m	100m				300m		LJ			Vortex		
U7	70m	100m				300m		LJ			Vortex		
U8	70m	100m				300m		LJ			Shot		
U9		100m	200m	400m	800m		80H	LJ		HJ	Shot		
U10		100m	200m		800m		80H	LJ	TJ		Shot		Disc
U11		100m	200m	400m		1500m	80H	LJ		HJ	Shot		
U12		100m	200m		800m		80H	LJ	TJ		Shot		Disc
U13		100m	200m	400m		1500m	80H	LJ		HJ	Shot	Jav	Disc
U14		100m	200m		800m		80/90H	LJ	TJ		Shot	Jav	
U15		100m	200m	400m		1500m	90/100H	LJ		HJ	Shot	Jav	Disc

Number of Events Entered Payment Enclosed \$.....

Parent able to assist by officiating on the day? Yes / No

If Yes, What is your preferred event / s?

Parent contact Ph / Email



DONCASTER L.A.C - OPEN DAY

General Information

- Eligibility:** Athletes **must** be registered with the Victorian Little Athletics Association (VLAA).
- Medals:** Medals for first 3 placegetters of finals. The organising committee reserves the right to cancel or combine age groups in events with less than three (3) competitors.
- Uniform:** Centre or Club Uniform with current IGA name and age patch attached, **must** be worn.
- Spikes:** Spikes may be worn by U12 – U15 athletes in laned track events and all jumps.
- Starting Blocks:** May be used in laned track events up to 400m by U12 – U15 athletes. Only blocks supplied by Doncaster LAC may be used.
- Age Group Progressions:** Progressions of one (1) age group will be permitted for events not offered in an athlete's age group.
- Food:** A variety of Hot Food, Cold Drinks & Ice Creams will be available from the Canteen on the day.
- Times:** 1st session – 1:30pm to 6:00pm
2nd session – 6:30pm to 9:15pm approx.
The organising committee reserves the right to amend the program if required on the day.



A spectacular fireworks display will conclude the evening at approx 9:30pm.



Return your completed entry form and payment to:

Doncaster LAC Open Day
P.O. Box 1376
Doncaster East Vic 3109

Must be received by Saturday 28th November 2009