



Knox Little Athletics Centre

Open Twilight Meeting

Saturday 9th December 2017

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)

Registration: Online Only www.klac23.org.au/openday

Entry Fee: \$6.00 per event or 4 events for \$20.00
plus \$1.65 IMG Fee per entry

Entries close Tuesday 28th November 2017 (9.00pm)

NO LATE ENTRIES WILL BE PERMITTED

Once entry is accepted **NO** changes are possible

NO REFUNDS WILL BE PROCESSED

Enquiries: Chris McKissack - E-mail: records@klac23.org.au

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

Awards: Knox LAC Medals will be awarded to the first three placegetters
Ribbons for 4th to 8th place.

Conditions: All athletes must be registered with Little Athletics Victoria. Centre or Club uniform must be worn with Registration Patch. No protests will be entered into. Spikes (maximum 7mm conical or xmas tree) are permitted for U11 to U16. 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. (Please select this as your 1st event) Knox LAC reserves the right to cancel or postpone the entire event due to extreme weather conditions.

Under 15/16's will compete as **one age group**.

Duty is compulsory for Parents of competing Knox LAC athletes.

Age	Available Events - once entry is accepted NO changes possible.														
U6	70	100								LJ				Shot	
U7	70	100	200							LJ		Disc		Shot	
U8		100	200				60 H	700 W	HJ	LJ		Disc			
U9	70	100	200	400			60 H			LJ				Shot	
U10		100	200		800		60 H	1100 W	HJ			Disc			
U11	70	100	200	400		1500	60 H			LJ				Shot	Jav
U12		100	200		800		80 H	1500 W	HJ		TJ	Disc		Jav	
U13		100	200	400		1500	80 H			LJ				Shot	Jav 200 H
U14		100	200		800		80/90 H	1500 W	HJ		TJ	Disc		Jav	200 H
U15/16		100	200	400	800	1500	90/100 H	1500 W	HJ	LJ	TJ	Disc	Shot	Jav	300 H