



Knox Little Athletics Centre

Open Twilight Meeting

Saturday 6th February 2016

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 Sunday 17th January 2016 (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.
 No protests will be entered into.
 Spikes (maximum 7mm conical or xmas tree) are permitted for U12 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.
 Knox LAC reserves the right to cancel or postpone the entire event due to extreme weather conditions. Individual events may be cancelled due to insufficient entries.

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	800 W	HJ		TJ	Disc			
U9	70	100	200	400			60 H				LJ			Shot	
U10		100	200		800		60 H	1100 W	HJ		TJ	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	70	100	200	400		1500	80 H				LJ			Shot	Jav 300 H
U14		100	200		800		80/90 H	1500 W	HJ		TJ	Disc		Jav	300 H
U15		100	200	400		1500	90/100 H			HJ	LJ		Disc	Shot	300 H
U16		100	200	400	800		90/100 H	1500 W	HJ		TJ			Shot	Jav 300 H