



**KNOX LITTLE ATHLETICS CENTRE**

# Knox Little Athletics Centre

## Open Twilight Meeting

### Saturday 10th December 2016

Commencing at 2.00pm (approx finish 9.30pm)

**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](http://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 20th November 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](mailto: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. 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	700 W	HJ	LJ		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	200 H
U14		100	200		800		80/90 H	1500 W	HJ		TJ	Disc		Jav	200 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