



Knox Little Athletics Centre 50th Anniversary Open Twilight Saturday 1st December 2018 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, plus \$1.65 SportsTG Fee per entry
Entries close Thursday 22nd November 2018 (11:59pm)
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.
 Perpetual Trophy for Best Overall Centre
- 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.
 Note: Only if event is a standard event for their 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.
 All Track Finals will be run at the scheduled Final Time.
 Under 15/16s will compete as **one age group**
Duty is compulsory for Parents of competing Knox LAC athletes.

Available Events. Once entry is accepted NO changes possible.

Age	70	100	200	400	800	1500	60 H	700 W	HJ	LJ	TJ	SP	DIS	JAV	200 H	300 H
U6										LJ		SP				
U7										LJ		SP	DIS			
U8							60 H	700 W	HJ			SP				
U9							60 H			LJ			DIS			
U10							60 H	1100 W	HJ	LJ		SP				
U11							60 H			LJ	TJ		DIS			
U12							80 H	1500 W	HJ		TJ	SP		JAV		
U13							80 H		HJ	LJ			DIS		200 H	
U14							80/90 H	1500 W			TJ	SP		JAV	200 H	
U15/16							90/100 H	1500 W	HJ	LJ	TJ	SP	DIS	JAV	300 H	