

## **Knox Relays 2021**



One of the most exciting events in the Track & Field season is Relays. Relays present a unique opportunity for athletes to compete as part of a team.

The Knox Little Athletics Centre has a proud and successful history of competition in Relays and will again be offering Knox athletes the opportunity to join a relay squad in the 2021 Track & Field season.

## Training is provided - ability is not important.

If you are interested in being part of the traditionally strong Knox Relay Team please contact your age coach.

## Cost of Relays is \$20. There are several other changes this year :

- Relays are being held in Feb & Mar, later in the season (as opposed to Nov & Dec)
- U9-12's must compete at Region, while U13-16's get direct entry to State
- The medley has been replaced by a Swedish relay with 100/300/200/400m legs
- Knox is not attending Box Hill relays this year
- No competition for U8's

1) **Region (U9-12's)** Sun 28<sup>th</sup> Feb **Ringwood**U13-16's can attend region and get medals but it has no bearing at State

2) State\* (All ages) Sat 27<sup>th</sup> Mar (U9-12) Casey

Sun 28<sup>th</sup> Mar (U13-16)

The correct Knox uniform must be worn at all major events - Relays, Multi-Event and Track & Field. The competition shirt and black shorts are available from our uniform shop.

Another parent typically helps out as team Manager in each age group to assist in the administrative side to free up the coaches to concentrate on coaching.

Contact: Mike Donato / coach@klac23.org.au / 0414 888 563

\*Participation at State championships for U9-12's is dependent on qualification at Region

https://lavic.com.au/competition/competition-types/ https://lavic.com.au/competition/rules-and-regulations/

## Knox LA Relay Coach Contact and Training Information - Season 2021

Relay Coordinator Mike Donato 0414 888 563

Team Manager Janine Kearsley manager@klac23.org.au

Relay Events 2018

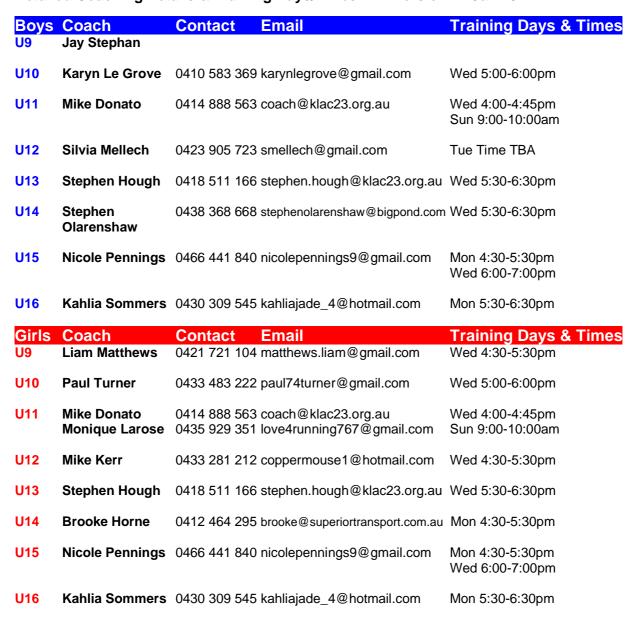
1) **Region** Ringwood Sun 28<sup>th</sup> Feb U9-12

U13-16 can attend

2) **State\*** Casey Sat 27<sup>th</sup> Mar U9-12

Sun 28<sup>th</sup> Mar U13-16 (get direct entry)





Note that training days & times may change as coaches finalise their sessions. This is only the preliminary first draft and will be updated as coaches advise the centre. Contact your age coach to confirm their actual training times.

<sup>\*</sup>Participation at State championships for U9-12's is dependent on qualification at Region