



Ver : 26 Jan 2021

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- The medley has been replaced by a Swedish relay with 100/300/200/400m legs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

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|---|-----------------------------------|-----------------|
| 1) Region (U9-12's) | Sun 28 th Feb | Ringwood |
| <i>U13-16's can attend region and get medals but it has no bearing at State</i> | | |
| 2) State* (All ages) | Sat 27 th Mar (U9-12) | Casey |
| | Sun 28 th 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 Little Athletics Centre - Knox Park - KLAC 23 - www.klac23.org.au

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 th Feb	U9-12 U13-16 can attend
2) State*	Casey	Sat 27 th Mar Sun 28 th Mar	U9-12 U13-16 (get direct entry)

Detailed Coaching Details & Training Days/Times Version 22 Jan 2021

Boys	Coach	Contact	Email	Training Days & Times
U9	Jay Stephan	0421 916 293	darkseer571@gmail.com	Wed 4:00-4:45pm
U10	Karyn Le Grove	0410 583 369	karynlegrove@gmail.com	Wed 5:00-6:00pm
U11	Mike Donato	0414 888 563	coach@klac23.org.au	Wed 4:00-4:45pm Sun 11:30am-12:30pm
U12	Silvia Mellech	0423 905 723	smellech@gmail.com	Tue 4:30-5:30pm
U13	Stephen Hough	0418 511 166	stephen.hough@klac23.org.au	Wed 5:30-6:30pm
U14	Stephen Olarens Shaw	0438 368 668	stephenolarensshaw@bigpond.com	Wed 5:30-6:30pm
U15	Nicole Pennings	0466 441 840	nicolepennings9@gmail.com	TBA
U16	Kahlia Sommers	0430 309 545	kahliajade_4@hotmail.com	Wed 5:30-6:30pm
Girls	Coach	Contact	Email	Training Days & Times
U9	Liam Matthews	0421 721 104	matthews.liam@gmail.com	Wed 4:30-5:30pm
U10	Paul Turner	0433 483 222	paul74turner@gmail.com	Wed 5:00-6:00pm
U11	Mike Donato	0414 888 563	coach@klac23.org.au	Wed 4:00-4:45pm Sun 11:30am-12:30pm
U12	Mike Kerr	0433 281 212	coppermouse1@hotmail.com	Tue 4:30-5:30pm
U13	Stephen Hough	0418 511 166	stephen.hough@klac23.org.au	Wed 5:30-6:30pm
U14	Brooke Horne	0412 464 295	brooke@superiortransport.com.au	Mon 4:30-5:30pm
U15	Nicole Pennings	0466 441 840	nicolepennings9@gmail.com	Mon 4:30-5:30pm Wed 6:00-7:00pm
U16	Kahlia Sommers	0430 309 545	kahliajade_4@hotmail.com	Wed 5:30-6:30pm

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.

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