



Knox Little Athletics Centre

Open Twilight

Saturday 22nd January 2022

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: \$8.00 per event or 4 events for \$30 (incl processing fee)
Entries close Thursday 13th January 2022 (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, only if event is a standard event for their Age Group.
 Under 15/16s will compete as **one 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.

Heats/Finals: Athletes will be placed in straight finals for track events up to the maximum entries as per the table below. Where there are more entries received a series of Timed Finals will be used to determine the overall placing of athletes. i.e., Heats and Finals will not be conducted. Athletes will be randomly placed in finals in those events conducted as Timed Finals. The allocation of lanes for Timed Finals will also be random.
 If Timed Finals are scheduled and no more than the maximum number of athletes as per the table below present to the event, the event will be collapsed into one Final to be conducted at or near the scheduled Timed Final time.

70m, 100m, 60m-100m Hurdles	10 entries
200m, 400m, 200m-300m Hurdles	8 entries
800m	16 entries
1500m, Walks	24 entries

Marshalling: All athletes MUST report directly to the event area 15 minutes prior to the scheduled starting time of the event. Track events take priority—if you have a clash between a track and a field event, report to the field event and advise of the clash, go to the track event, then return immediately after the race to the field event.

Available Events. Once entry is accepted NO changes possible.

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