



Knox Little Athletics Centre

Open Twilight

Saturday 9th December 2023

Commencing at 2.00pm (approx finish 9.00pm)

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 30th November 2023 (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 for Under 6-8.
 Perpetual Trophy for Best Overall Centre

Conditions: All athletes must be registered with Little Athletics Victoria or other state.
 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 U17. 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 15/16/17s will compete as one age group except for sprint hurdles and boys shot put/discus.
 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.

Age	Available Events. Once entry is accepted NO changes possible.														
U6	70	100							LJ			SP			
U7	70	100	200						LJ			SP	DIS		
U8	70	100	200	400				HJ				SP			
U9		100	200		800		60 H	700 W		LJ			DIS		
U10	70	100	200	400			60 H		HJ	LJ		SP			
U11		100	200		800		80 H	1100 W		LJ	TJ		DIS		
U12		100	200	400		1500	80 H		HJ		TJ	SP	JAV		
U13		100	200		800		80 H	1500 W	HJ	LJ			DIS	200 H	
U14		100	200	400		1500	80/90 H				TJ	SP	JAV	200 H	
U15/16		100	200	400	800	1500	90/100 H	1500 W	HJ	LJ	TJ	SP	DIS	JAV	300 H
U17	100/110 H						SP (boys)					DIS (boys)			