

# Knox Internal Relay Competition 2023



<b>When</b>	Sunday 12 November
	<b>10am – first race</b> Arrive by 9:00am to Check in with the Team Manager and find your Relay Team. Estimated finish time of 12pm
<b>Where</b>	Knox Athletics Track, Bunjil Way, Knoxfield

<b>When you arrive ...</b>	<p>Please head to Team Manager (Philly) located in the Grandstand:</p> <ul style="list-style-type: none"> <li>- Athletes uniform check</li> <li>- Parent duty sign-in</li> <li>- Enrolment form/\$15 fee paid confirmation - <i>if you have not returned the enrolment form or paid the \$15 fee, your athlete will not be able to compete at the Knox Internal Relay, Region or State competitions</i></li> </ul>
<b>Call Room</b>	<p>We will follow the same process as Region/State with all athletes required to go to the Call Room <b>15 minutes</b> before their race is scheduled to start. The Call Room (tent) will be set up near area 5 (end of front straight). Coaches will take all athletes to the Call Room, with 'Escorts' to take the kids out to their starting area. Parents will not be allowed to help after athletes enter the Call Room.</p>
<b>Uniforms</b>	<p>All athletes are required to wear their Knox Centre Uniform (Black &amp; gold either singlet, t-shirt or crop top and plain black shorts). The U8's can wear their club uniform and do not need to wear a Knox Centre uniform. Please make sure athletes have their commonwealth bank name patches pinned to the front of their singlets and the red Coles patch is sewn above the Little Aths Vic logo. For U11-17 athletes wearing spikes, these will be checked to ensure they are maximum 7mm and adhere to the guideline found here <a href="http://klac23.org.au">Guide to Buying and Using Spikes   Knox Little Athletics Centre Inc. (klac23.org.au)</a> Note – at EMR/state uniform rules are very strict. Athletes will not be allowed to run with incorrect uniform.</p>
<b>Contact</b>	<p>Please contact your child's coach directly if you are running late or have any other issues on the day.</p> <p>U8 – Silvia – 0423 905 723 U9 – Jess – 0412 643 877 U10 – Chantal – 0403 211 415 / Luke – 0421 279 991 U11 – Tim – 0420 948 479 U12 – Nathan – 0412 345 351 U13 Boys – Karyn – 0410 583 369 / U13 Girls – Paul – 0433 483 222 U14 &amp; U15 – Mike – 0433 281 212 U16 &amp; U17 – Nathan – 0412 345 351</p> <p>For any other queries please call Nathan Dux on 0412 345 351 or Philly Boyle on 0416 867 060.</p>
<b>Reminders</b>	<p>Please be prompt in arriving to the track with enough time to find your Relay Team and Coach. Relays are a team sport – your team cannot race without your athlete!</p> <p>Relays are very fun, historically the Knox athletes have always had a wonderful day competing with their friends and teammates. As parents, please encourage friendly competition but most of all for your kids to have fun 😊</p>
<b>Program</b>	<p>We have a Program which is loosely based on the Region/ State Program. In order of 4x100m, 4x200m, Swedish Medley. Only Girls or Boys Teams competing in 2023, no Mixed Teams.</p>

# Knox Internal Relay Program



Event	Start Time	Gender	Age	Event
<b>4x 100m</b>				
1	10.00am	Boys	u13	4x100m
		Boys	u14	4x100m
		Boys	u15	4x100m
		Boys	u16	4x100m
		Girls	u15	4x100m
		Girls	u17	4x100m
2		Girls	u08	4x100m
		Boys	u08	4x100m
3		Girls	u09	4x100m
		Boys	u09	4x100m
4		Girls	u10	4x100m
		Boys	u10	4x100m
5		Girls	u11	4x100m
		Boys	u11	4x100m
		Girls	u12	4x100m
		Boys	u12	4x100m
<b>4x 200m</b>				
6	10.30am	Boys	u13	4x200m
		Boys	u14	4x200m
		Boys	u15	4x200m
		Girls	u15	4x200m
		Girls	u17	4x200m
7		Girls	u08	4x200m
		Boys	u08	4x200m
8		Girls	u09	4x200m
		Boys	u09	4x200m
9		Girls	u10	4x200m
		Boys	u10	4x200m
10		Girls	u11	4x200m
		Boys	u11	4x200m
		Girls	u12	4x200m
		Boys	u12	4x200m
<b>Swedish Medley</b>				
11	11.00am	Boys	u13	Swedish Medley
		Girls	u15	Swedish Medley
		Boys	u15	Swedish Medley
		Boys	u16	Swedish Medley
		Girls	u17	Swedish Medley
12		Girls	u08	Swedish Medley
		Boys	u08	Swedish Medley
13		Girls	u09	Swedish Medley
		Boys	u09	Swedish Medley
14		Girls	u10	Swedish Medley
		Boys	u10	Swedish Medley
15		Girls	u11	Swedish Medley
		Boys	u11	Swedish Medley
		Girls	u12	Swedish Medley
		Boys	u12	Swedish Medley

**Parent Duty Roster** - Please report to your duty at 9:30am promptly. Closed-in footwear to be worn.

	Location	Report to	9:30am - 12pm (approx)
<b>Team Manager</b>			BOYLE (Fields)
Duty Manager	Knox TM desk (Grandstand)	Philly Boyle	FOGEL (Lakes)
<b>Call Room</b>			
Call Room Chief	Marshall Tent		HARTLEY (Scoresby)
Call Room Marshall	Marshall Tent	Call room Chief	BEATTIE (Rowville)
Uniform Judge	Marshall Tent	Call room Chief	CLARKE (Fields)
Escorts (walk teams to zones)	Marshall Tent	Call room Chief	SWILKS (Knoxfield)      CONTE (Lakes) LEE (Knoxfield)          JENNINGS (Dorset)
<b>Track</b>			
Start Marshall Chief	Area 5 / Area 2 - medley		SAYERS (Knoxfield)
Finish Marshall/Place Judge	Front straight finish line	Finish Marshall Chief	VARNEY (Rowville)
Timekeeper Chief	Start/finish line front straight		FROST (Dorset)
Timekeeper	Start/finish line front straight	Timekeeper Chief	COUPER (Fields)
<b>Zone 1 - start line</b>			
Marshall	Area 5		LOK (Rowville)
Zone Umpires	Area 5	Zone 1 Marshall	SANDHU (Dorset)      PALUMBO (Fields)
<b>Zone 2 - 100m back straight start</b>			
Marshall & feeder line (200m)	Area 4		DRANE (Fields)
Zone Umpires	Area 4	Zone 2 Marshall	KIRKWOOD (Dorset)      ANZARY (Knoxfield)
<b>Zone 3 - 200m start back straight</b>			
Marshall	Area 2		RYDER (Dorset)
Zone Umpires	Area 2	Zone 3 Marshall	HARVEY (Scoresby)      TARABAY (R Lakes)
<b>Zone 4 - 100m front straight start</b>			
Chief Zone 4	Area 1		BERTRAM (R Lakes)
Marshal & Feeder line (medley)	Area 1	Chief Zone 4	DHAYALAN (Boronia)
Zone Umpires	Area 1	Chief Zone 4	THURLOW (Rowville)      TORNATORA (Scoresby)
<b>General</b>			
Competition Director/Starter/Announcer			DUX (Dorset)      KEARSLEY (Wantirna)

