



KNOX LITTLE ATHLETICS CENTRE

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Open Day-Twilight 6TH December 2025

Commencing 2.00pm (Finish Approx 9.00pm)

- Venue:** Knox Park Sporting Complex, Bunjil Way, Knoxfield Entry via Bunjil Way (end of Scoresby Rd)
- Entry Fee:** \$8.00 per event (plus processing fee)
Maximum Number of Events: U6-U11 4 Events U12-U17 5 Events
Entries close Wednesday 26th November 2023 (9:00pm)
NO LATE ENTRIES WILL BE PERMITTED
Once entry is accepted NO changes are possible
NO REFUNDS WILL BE PROCESSED
- Enquiries:** E-mail: openday@klac23.org.au
- Canteen:** Hot and cold food, 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
- Conditions:** All athletes must be registered with Little Athletics Victoria or another state Little Athletics association.
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
Each athlete may progress ONE AGE GROUP IN ONE EVENT ONLY.
If the preferred event is not offered in the correct age group, only if the 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 if there are insufficient entries.
Duty is compulsory for Parents of competing Knox LAC athletes.
- Heats/Finals:** Athletes will be placed in straight finals for track events. 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 the event will be collapsed into one Final to be conducted at or near the scheduled Timed Final time
- 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							90/100 H					SP	DIS		
U17		100	200	400	800	1500	100/110 H	1500 W	HJ	LJ	TJ	SP (boys)	DIS (boys)	JAV	300 H