KNOX LITTLE ATHLETICS CENTRE

OPEN DAY TWILIGHT MEET

SATURDAY 5 DECEMBER 2026 | **2.00PM - 9.30PM APPROX.**

KNOX LITTLE ATHLETICS CENTRE

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
Knox athletes enter for free

ENTRIES CLOSE SUNDAY 22 NOVEMBER 2026 (10:00PM)

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 to first three placegetters.
Ribbons for 4th to 8th place for Under 6 - 8.

CONDITIONS

- All athletes must be registered with LAVic 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) permitted for U11–U17.
- Specialist High Jump and Javelin footwear spikes shall not exceed 9mm.
- Athletes are not permitted to age up.
- U15/16/17 will compete as one age group except where event rules differ.
- Knox LAC reserves the right to cancel or postpone the event due to extreme weather.
- 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, 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 there are 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.

EVENTS AVAILABLE

Age Group	70m	100m	200m	400m	800m	1500m	Sprint Hurdles	Race Walk	High Jump	Long Jump	Triple Jump	Shot Put	Discus	Javelin
U6	70	100								LJ		SP	DIS	
U7	70	100								LJ		SP	DIS	
U8		100	200	400					HJ	LJ		SP	DIS	
U9		100	200	400	800		60 H	700 W	HJ	LJ			DIS	
U10		100	200	400	800		60 H	1100 W	HJ	LJ		SP		
U11		100	200	400	800		80 H	1100 W	HJ		TJ		DIS	JAV
U12		100	200	400	800		80 H	1500 W	HJ	LJ		SP		JAV
U13		100	200	400		1500	80 H	1500 W	HJ		TJ		DIS	JAV
U14		100	200	400		1500	80/90 H	1500 W	HJ	LJ		SP		JAV
U15/16/17		100	200	400		1500	90/100/110 H	1500 W	HJ	LJ	TJ	SP	DIS	JAV