

Date:

Saturday 4th July, 2009

Time:

First Event 10.00am

(Last Event approximately 2.00pm)

Venue:

Nortons Park,
Wantirna South
(Mel Ref 72 A2)

Enquiries:

Dave Murrphy: 0418 542 337

Sue Foord: 0416 191 345

Russell Speight: 0438 548 262

**KNOX LITTLE ATHLETICS CENTRE
CROSS COUNTRY**

2009 Open Day & Perpetual Trophy

Entry Fee:

- \$5.00 per competitor. \$7.00 late entry (up to 30mins prior to start of race).

Entries:

Forward entry form and cheque (payable to Knox LAC) to:
 '2009 Knox LAC CC Open day"
 40 Segarta Cir
 Ferntree Gully, VIC 3156

POSTAL ENTRIES CLOSE MONDAY 29th JUNE 2009 – NO EXEPTIONS

Facilities:

- Ample parking and toilets available.
- Hot and cold food & drinks.

Awards:

- U7-U15, Youth Athletics and Open age - Medals will be awarded to the first three place getters and for the first three teams (of 3) in each age group.
- U6 - Medals will be awarded to the first three place getters. Additionally all U6 competitors will receive a special award.
- Perpetual Trophy - Awarded to the Centre that accumulates the most points during the day for age groups U7-U15.

Conditions:

- All athletes must be registered with VLAA.
- Centre or Club uniform must be worn.
- No protests will be entered into.
- Spikes are not permitted.
- Composite teams permitted only where a competitor from the same Centre steps up an age group in order to complete a team.
- Centre group entries should accurately reflect the number of competing athletes, **Full Payment for ALL Athletes listed on Centre Group Entries is Required.** Bulk Centre entries that are not accurate cause logistical problems.

Program of Events

1	U7 Boys	1000m	10 Youth Athletics	3000m
2	U13, 14, 15 Boys	3000m	11 Open age	3000m
3	U7 Girls	1000m	12 U12 Girls	2000m
4	U12 Boys	2000m	13 U10 Girls	1500m
5	U8 Girls	1000m	14 U9 Boys	1500m
6	U11 Boys	2000m	15 U11 Girls	2000m
7	U8 Boys	1000m	16 U10 Boys	1500m
8	U6 Boys/Girls	500m	17 U9 Girls	1500m
9	U13, 14, 15 Girls	3000m		

Age groups may be combined dependant on number of entries.

Entry fees must accompany application form

<u>Surname</u>	<u>Given Name</u>	<u>Boy/Girl</u>	<u>Age Group</u>	<u>Centre</u>

Contact Name _____

Tel No. _____

find us at www.klac23.org.au