



Ringwood Little Athletics Centre

Cross Country Open Day

Sunday, 19th July 2009

- VENUE:** Quambie Reserve, Wonga Road, North Ringwood (Melways Ref: 36 B12)
- STARTING TIME:** 10.00 am - marshalling for first event 9.45 am
- ENTRY FEE:** \$6.00 per competitor.
\$8.00 late entries per competitor, on the day only until 9.30 am
No additional charge for team entries.
Note: Eastern 7 athletes enter directly with their Centre Team Manager (Box Hill, Camberwell/ Malvern, Collingwood, Doncaster, Kew, Nunawading, Ringwood, Sherbrooke.)
- CLOSING DATE:** Wednesday, 15th July 2009
- POSTAL ENTRIES:** RLAC Open Day
c/- PO Box 2409
North Ringwood VIC 3134
Cheques payable to: Ringwood Little Athletics Centre Inc
- CENTRE ENTRIES:** Email as a centre, names & age groups attending.
- ENQUIRIES:** Dani Gilmore: 8802 1179 or melbourne_girls@hotmail.com
Kathy Tremewen: 9879 9419 or tremewen@bigpond.net.au
- CONDITIONS:**
1. Athletes must be registered with VLAA - standard Little Athletic insurance applies.
 2. No composite teams will be accepted other than those whereby a competitor from the same Centre steps up one age group only. No substitute runners will be accepted.
 3. An athlete may progress one age group only to fill a team where that age group would not otherwise have a team. An athlete may not move up an age group as an individual competitor.
 4. No protests will be allowed.
 5. Centre or Club Uniform with registration patch must be worn.
 6. Spikes are not permitted re VLAA Competition Regulations.
 7. Entry fees must accompany entry forms.
- AWARDS:** Medals will be presented to the first three individual place-getters and for the first three teams in each event. There must be at least two teams competing in an age group for team medals to be presented.
- FACILITIES:** A canteen will be operating on the day.
- PROGRAM:**
- | | | |
|----------|----------------------------|-------|
| Event 1: | U/11 & U/12 Boys and Girls | 2000m |
| Event 2: | U/9 & U/10 Boys and Girls | 1500m |
| Event 3: | U6 Boys and Girls | 500m |
| Event 4: | U/7 & U/8 Boys and Girls | 1000m |
| Event 5: | U/13 - U/16 Boys and Girls | 3000m |
- There will be no Open Event on the day.**

NOTE: At the discretion of the organisers this program is subject to change due to entry numbers and weather conditions. No refunds unless day is cancelled prior to starting.



RINGWOOD LAC OPEN DAY SUNDAY 19 JULY 2009

Surname	Given Name	M/F	Age Group	Centre
			U/	
			U/	
			U/	

Address: _____ Phone: _____

Email: _____