



OPEN DAY

SUNDAY 12TH FEBRUARY 2012

George Knott Reserve,
Heidelberg Road, Clifton Hill
(Melway Ref. Map 30 G12)

Dress up your uniform and come to the last Open Day before Region Track and Field – a great chance to practise your favourite events!

- TIME** First event starts at 9.15am
- ENTRY** The attached entry form (on reverse) is to be filled out and posted with appropriate fee to:
The Secretary,
Collingwood Little Athletics Centre
P.O. Box 1624
Preston South, Vic, 3072
- COST** \$6.00 per event or \$20.00 for a maximum of 4 events.
- ENTRIES CLOSE** Entry form and fee must be received no later than Friday 27 January 2012
Late entries WILL NOT be accepted
Once entry is accepted NO changes possible
- UNIFORM** All competitors must be registered athletes and must compete in their Club/Centre singlet. But feel welcome to dress it up with coloured shorts, socks, hair etc!
- TRACK EVENTS** Spikes (7mm conical) & starting blocks may be used in accordance with LAVic regulations for U12 athletes and up.
- FIELD EVENTS** Best of three attempts will determine the winner. In shot put and discus events up to U12, athletes will be given 3 consecutive throws, with only the furthest measured.
- SPECIAL CONDITIONS** Athletes may progress up an age group if an event is not offered in their own
U6 & U7 athletes are not allowed to progress to the U8 hurdles. For safety reasons, U10 athletes may not progress to the U11 javelin.
No protests will be allowed
- AWARDS** The first three placegetters in each final event will receive a medal. All competitors will receive an Open Day ribbon.
- CANTEEN** A delicious range of hot and cold food and drinks will be available

**The following events have been scheduled for Collingwood Little Athletics Open Day.
For your own information, please highlight those events you have chosen to compete in.**

U6	50m	70m	100m	200m						DIS	SP		LJ		
U7	50m	70m	100m	200m						DIS	SP		LJ		
U8		70m	100m	200m				80mH			SP	HJ		TJ	
U9			100m	200m	400m			80mH	1100mW	DIS		HJ	LJ		
U10		70m	100m	200m			800m	80mH	1100mW		SP			TJ	
U11			100m	200m	400m	1500m		80mH	1500mW	DIS		HJ	LJ		JAV
U12		70m	100m	200m			800m	80mH			SP			TJ	JAV
U13			100m	200m	400m	1500m		80mH	1500mW	DIS		HJ	LJ		JAV
U14			100m	200m			800m	80mH			SP			TJ	JAV
U15		70m	100m	200m	400m	1500m	800m	90/100H	1500mW	DIS	TJ	HJ	LJ	TJ	JAV

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Please include the following information and nominate, from those listed on the back of this form, the events you wish to enter (**max. of 4**). Also include entry fee. (Cheque made payable to: Collingwood L.A.C.)

NAME: _____

Boy/Girl (please circle) Phone: _____ Email: _____

ADDRESS: _____

REGISTERED CENTRE: _____ REG. NUMBER _____

*****Please Specify the Age Group for each Event!

EVENT 1: _____ EVENT 2: _____

EVENT 3: _____ EVENT 4: _____

Signature of parent/guardian _____

Collingwood Parents/Guardians, MUST fulfil a duty shift on the day. Please indicate in which event/capacity you would prefer to help:

If you are visiting from another Centre and would like to help out, please indicate which event you would like to assist with:

A complimentary light lunch will be supplied to all volunteer officials

Thanks very much and we look forward to a great day!