

Age U/ _____

NAME _____

KEW LAC - STATE RELAY CHAMPIONSHIPS 2010

EMR Qualifying Round
Proclamation Park, Sylvia Grove , Ringwood
Sunday 12th December 2010

Thanks for being a member of the Kew LAC Relay Squad 2010. The region relays are one of the busiest and most exciting athletics competitions you can participate in. We hope some of our teams will go to state finals, but we hope you all achieve your best times and show your best level of skill. We thank Garry Connell and KLAC coaches for their commitment, expertise and enthusiasm in coaching you.

| Event # | Marshal | Time | Event | A, B or C team | Heat #/ Final |
|---------------|---------|------|--------------------|----------------|---------------|
| | | | Mixed 4 x 100 | | H |
| | | | Boys/girls 4 x 100 | | H |
| | | | Boys/Girls 4 x 200 | | H |
| | | | Medley | | H |
| | | | Mixed 4 x 100 | | F |
| | | | Boys/girls 4 x 100 | | F |
| | | | Boys/Girls 4 x 200 | | F |
| | | | Medley | | F |
| ROSTER | | | | | |

BY SAT 11th Dec ATHLETES/PARENTS SHOULD:

- Have a maroon and gold Kew uniform approx \$45
- Know the events they are in, their team mates, running orders, step marks
- Parents should be given a copy of the duties roster to see where they are assisting on the day. Please ensure you let Nick Carah know if you need to swap your duty.
- Ensure you know where the track is and the time it takes to get there. Allow plenty of time for parking.
- Have the team managers phone number in your mobile phone.

On SUNDAY 12th - Please note:

- Eat and sleep well the night before.
- There is an Entry fee of about \$5 adult, \$2 programme.
- Be ready for extremes of weather!
- Bring chair, blanket/rug, suitable clothes, UNIFORM, sunscreen, food and drink.
- **Arrive inside the ground 40 minutes before your event.**
- Report to your Relay/Team manager at the Kew banner when you arrive.
- Be **ready to marshal** 20 minutes before your event.
- Be aware that the program may run early.
- KLAC gold and maroon uniforms **must** be worn.
 - Spike shoes or shoes with spikes removed are **not** permitted in U/9, U/10, U/11 at all or for U/12 athletes in the U/9-U/12 mixed age events.
 - Spike shoes (with 7mm conical spikes) are permitted for U/12 + in all other events
 - No bare feet permitted.

PLEASE CHECK with the TEAM MANAGER BEFORE LEAVING the venue

If you have any queries contact:

Manuela 0407 360 310, Nick 0409159215 or Kylie 0438 938 300