

ROCHESTER

LITTLE ATHLETICS

centre open day

DATE: SUNDAY 13th NOVEMBER 2011

VENUE: WINDRIDGE OVAL - ROCHESTER RECREATION RESERVE
RESERVE RD ROCHESTER Vic Roads Ref pg 268 E10

TIME: FIRST EVENT 10.00AM SHARP - MARSHALLING 9.45AM

ENTRIES: \$6.00 per EVENT (maximum 5 events. If entering max events entry discounted to \$25.00)

MAIL TO: ROCHESTER LITTLE ATHLETICS CLUB (RLAC)
P.O. BOX 188 ROCHESTER VIC 3561
(cheques/money order only - no cash in mail please)

ENTRIES

CLOSE: FRIDAY 4TH NOVEMBER 2011
Entries will only be accepted on receipt of entry fees

ENQUIRIES: TO SHARON KELLETT after 6pm 54843243/0409964914
MANDY DINGWALL 54841492 KATRINA TREWIN 54841049

AWARDS: Medals will be awarded to 1st, 2nd and 3rd place getters in each event. Participation ribbons will be awarded to all non-medal winners.

CANTEEN: Canteen facilities and BBQ operating on the day.

U6	70	100				60MH	LJ		TURBO		SP	DISC
U7	70	100				60MH	LJ				SP	DISC
U8	70	100				60H	LJ		TURBO		SP	DISC
U9	70	100	200	400		60H	LJ			HJ	SP	DISC
U10		100	200		800	60H		TJ	TURBO		SP	DISC
U11		100	200	400		60H	LJ		JAV	HJ	SP	DISC
U12		100	200		800	80H		TJ	JAV		SP	DISC
U13		100	200	400		80H	LJ		JAV	HJ	SP	DISC
U14		100	200		800	80/90H	LJ	TJ	JAV		SP	DISC
U15/16		100	200	400	800	90/100H	LJ	TJ	JAV	HJ	SP	DISC

*Note under 15/16 athlete's will compete together but will be awarded medals within their own age group. Please be advised that all javelin events will be run at the conclusion of all track events.

CONDITIONS OF ENTRY

Shoes must be worn at all times.

Spikes (7mm) may be worn by U12-U16 athletes. Spikes will not be allowed by any other age group.

Athletes must run in lanes designated or they will be disqualified.

Starting blocks may be used by U12-U16 athletes (must provide their own).

Track events take precedence over Field events.

Medals will be presented to the first three place getters in each event, except heats.

Changes from one event to another will not be permitted.

Centre/Club uniform must be worn.

Late entries will not be accepted.

At the discretion of the organizers this program is subject to change due to entry numbers eg: events/age groups may be combined if entries and weather conditions require it to be done. If events are cancelled on the day due to safety concerns with weather athletes will not be able to swap events and there will be no refunds of entries paid.

If insufficient entries in an event the organizers have the right to cancel that event and give athletes the option of another event, all possible contact will be made prior to the day in this circumstance.

Athletes may progress one age group only to compete in specialty events not available in their age group. PLEASE NOTE ON ENTRY FORM.

NO PROTESTS-JUDGES DECISION IS FINAL-----

ENTRY FORM

Name: BOY / GIRL U..... (11/12 Age Group)

Address:

Phone: B/H..... A/H

VLAA Centre: Reg No:

Event 1 Event 2

Event 3 Event 4

Event 5

I have read the above conditions of entry and accept these.

Signature of Parent or Guardian:

Amount Enclosed: \$ Entries Close Friday 4th November 2011.

Are you able to help officiate Yes/No AM/PM Preferred event

Duty is compulsory for one person per Rochester athlete's family.

Preferred Event