



SOUTHERN PENINSULA LITTLE ATHLETICS CENTRE OPEN DAY

SUNDAY, JANUARY 10th, 2010

Truemans Road Reserve, Truemans Road, Tootgarook. Melway Ref: 169 E6

SPLAC has ample parking available onsite & we are only 500m to the beach

- START TIME:** 9.30 a.m.
ENTRY FEE: \$7 per event or \$25 for four (4) \$2 per event for SPLAC members
ENTRIES CLOSE: Monday January 4th, 2010.
ENTRIES TO: SPLAC, P.O. Box 2071, Port Philip Plaza, Rosebud, Vic. 3939. Chq/MO payable to SPLAC.

SPECIAL CONDITIONS:

1. Athletes may progress an age group for an event not available to them in their age group.
2. All competitors must be registered with V.L.A.A./AV
3. We reserve the right to cancel an event should there be insufficient entries.
4. Where heats are required, finalists will be decided on times not placings.
5. Athletes must use S.P.L.A.C. equipment.
6. Lunch break program will include PARENT & CHILD Relays 4 x 100m and a toddler race as fun events.

SPIKES/STARTING BLOCKS: U12 - U18 spikes 12mm maximum. S.P.L.A.C. Starting Blocks supplied.

UNIFORM: Club or Centre uniform, Registration Patch must be worn. Bring sunscreen, hat, BYO Sun shade.

TRACK EVENTS: Medals to first 3 places in final, ribbons up to eighth (8) placing.

FIELD EVENTS: Best of 3 tries - medals to first 3 places, ribbons up to eighth (8) placing.

CANTEEN: BBQ, hot and cold food and drinks.

ENQUIRIES: Michelle 0404 124 622 or Phone Entries to Angela 0421 455 375

U6	50	70	100	200				LJ			VOR	DIS	
U7		70	100	200				LJ		SP	VOR		
U8		70	100	200			80H		TJ		VOR	DIS	
U9			100	200		800	80H	LJ		SP			
U10			100	200		800	80H		TJ			DIS	
U11			100	200	400	800	80H	LJ		SP			JAV
U12			100	200	400	800	80H		TJ			DIS	
U13			100	200	400		1500	80H	LJ		SP		JAV
U14			100	200	400		1500	300H		TJ		DIS	
U15			100	200	400		1500	300H	LJ		SP		JAV
YA 16			100	200	400		1500	300H		TJ		DIS	
YA 17			100	200	400		1500	300H	LJ		SP		JAV

MULTIPLE ENTRY FORM

NAME	AGE GRP	GENDER	Event 1	Event 2	Event 3	Event 4

Address:

Ph: **Mobile:**.....

Centre:..... **Email:**.....

Are you available to officiate/assist? Yes / No Preferred event/position:.....

Parent's Name:.....Signature:..... Amount Paid: \$

