

Date:
Saturday 7th July, 2012

Time:
First Event 10.00am
(Last Event approximately 2.00pm)

Venue:
Nortons Park,
Wantirna South
(Mel Ref 72 A2)

Enquiries:
David: 0418 542 337
Noel: 0408 120 003
crosscountry@klac23.org.au

KNOX LITTLE ATHLETICS CENTRE

CROSS COUNTRY



2012 ConnectEast Knox Open Day



Entry Fee: \$6.00 per competitor.
\$8.00 late entry (up to 30mins prior to start of race).

Entries: Forward entry form and cheque (payable to KLAC) to:
2012 KLAC CC Open Day
14 Richardson Rise
WANTIRNA SOUTH, VIC 3152
POSTAL ENTRIES CLOSE MONDAY 2nd JULY 2012

Facilities:

- ✦ Ample parking and toilets available.
- ✦ Hot and cold food & drinks.

Awards:

- ✦ U7-U16, Youth Aths and Open Age - Medals will be awarded to the first three place getters and for the first three teams (of 3) in each age group.
- ✦ U6 - Medals will be awarded to the first three place getters. Additionally all U6 competitors will receive a special award.
- ✦ Perpetual Trophy - Awarded to the Centre that accumulates the most points during the day for age groups U7-U16.

Conditions:

- ✦ All athletes must be registered with Little Athletics Victoria.
- ✦ Centre or Club uniform must be worn.
- ✦ No protests will be entered into.
- ✦ Spikes are not permitted.
- ✦ Composite teams permitted only where a competitor from the same Centre steps up an age group in order to complete a team - MUST be advised prior to the event, age group cannot be changed after the race in combined events.

Program of Events:

1 -U7 Boys	1000m	9 -U13/14/15 Girls	3000m
2 -U13/14/15 Boys	3000m	10 -U16 / Open Age	3000m
3 -U7 Girls	1000m	11 -U12 Girls	2000m
4 -U12 Boys	2000m	12 -U10 Girls	1500m
5 -U8 Girls	1000m	13 -U9 Boys	1500m
6 -U11 Boys	2000m	14 -U11 Girls	2000m
7 -U8 Boys	1000m	15 -U10 Boys	1500m
8 -U6 Boys/Girls	500m	16 -U9 Girls	1500m

Age Groups may be combined dependant on number of entries

Entry Fees must accompany application form

Surname	Given Name	Boy/Girl	Age Group	Centre

Contact Details:

Name: _____
Telephone: _____
Email: _____