



Traralgon Open Day

Sunday, 12th February 2012

Harold Preston Park, Davidson Street, Traralgon

First event 10:00 am sharp

ENTRIES:

Enquiries:

Sally-Anne Walton AH: 0427270591

Cost:

\$6 per event, Maximum 5 events per athlete. 5 events = \$25

TLAC Athletes closing date:

Saturday 10th December, 2011

(Entries from TLAC members must be received by this date)

Postal Entries due:

Friday 20th January, 2012

Post Entry Forms with payment to

Traralgon LAC Open Day,
C/- 1 Winston Court, Traralgon, 3844

Entries will not be accepted on the day.

UNIFORM:

Current Centre or Club uniform with registration patch attached must be worn
All athletes must be registered with the LAVic or AV.
Suitable footwear to be worn. Spikes allowed as per LAVic Competition Regulations

PROGRESSIONS:

Each athlete may progress **ONE AGE GROUP** if preferred event is not offered in correct age group. (No progression allowed in hurdles)

AWARDS:

Medals will be awarded to first 3 placegetters of finals
Ribbons for 4th – 8th place. Competitor ribbon to all other places
U6 – U8 final placing will be determined by heat times (No finals)

Parents of Traralgon Athletes will be rostered for duty, please indicate your preferred duty on the registration form

Athlete Details (PLEASE USE BLOCK LETTERS)

ATHLETE'S NAME:..... BOY / GIRL U/.....

Address:Post Code

Phone Number.....Centre.....

Email Address:

Age	Please circle your chosen events (MAXIMUM OF 5)												
U6	70m	100m					60mH	LJ			DIS	Vortex	
U7	70m	100m					60mH	LJ			DIS	SP	
U8	70m	100m	200m				80mH	LJ			DIS	SP	
U9	70m	100m	200m				80mH	LJ			DIS	SP	
U10		100m	200m	400m			80mH		TJ		DIS		
U11		100m	200m		800m		80mH	LJ		HJ		SP	
U12		100m	200m	400m		1500m	80mH		TJ		DIS		JAV
U13		100m	200m		800m		80mH	LJ		HJ		SP	
U14		100m	200m	400m		1500m	80/90mH		TJ		DIS		JAV
U15		100m	200m		800m		90/100mH	LJ		HJ		SP	
IA		100m	200m	400m		1500m	100mH		TJ		DIS		JAV

Entry fee of \$..... is enclosed.

For Traralgon parents what is your preferred duty for the day.....