

Date:

Saturday 5th July, 2008

Time:

First Event 10.00am

(Last Event approximately 2.00pm)

Venue:

Nortons Park,  
Wantirna South  
(Mel Ref 72 A2)

Enquiries:

Dave Murreihy: 0418 542 337

Julie Harvey: 0414 816 107

Russell Speight: 9759-5479

**KNOX LITTLE ATHLETICS CENTRE  
CROSS COUNTRY**

# 2008 Open Day & Perpetual Trophy

**Entry Fee:**

- \$5.00 per competitor. \$7.00 late entry (up to 30mins prior to start of race).

**Entries:**

Forward entry form and cheque (payable to KLAC) to:  
 '2008 KLAC CC Open day"  
 1393 Mountain Highway  
 The Basin, VIC 3154

**POSTAL ENTRIES CLOSE MONDAY 30th JUNE 2008**

**Facilities:**

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

**Awards:**

- U7-U15, Interaths 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-U15.

**Conditions:**

- All athletes must be registered with VLAA.
- 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.

**Program of Events**

|   |                   |       |                    |       |
|---|-------------------|-------|--------------------|-------|
| 1 | U7 Boys           | 1000m | 10 Youth Athletics | 3000m |
| 2 | U13, 14, 15 Boys  | 3000m | 11 Open age        | 3000m |
| 3 | U7 Girls          | 1000m | 12 U12 Girls       | 2000m |
| 4 | U12 Boys          | 2000m | 13 U10 Girls       | 1500m |
| 5 | U8 Girls          | 1000m | 14 U9 Boys         | 1500m |
| 6 | U11 Boys          | 2000m | 15 U11 Girls       | 2000m |
| 7 | U8 Boys           | 1000m | 16 U10 Boys        | 1500m |
| 8 | U6 Boys/Girls     | 500m  | 17 U9 Girls        | 1500m |
| 9 | U13, 14, 15 Girls | 3000m |                    |       |

*Age groups may be combined dependant on number of entries.*

**Entry fees must accompany application form**

| <u>Surname</u> | <u>Given Name</u> | <u>Boy/Girl</u> | <u>Age Group</u> | <u>Centre</u> |
|----------------|-------------------|-----------------|------------------|---------------|
|                |                   |                 |                  |               |
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|                |                   |                 |                  |               |

Contact Name \_\_\_\_\_

Tel No. \_\_\_\_\_

*find us at [www.klac23.org.au](http://www.klac23.org.au)*