

**ALBURY LITTLE ATHLETICS CENTRE
22nd OPEN DAY**

Sunday 28th November 2010

Venue: The synthetic track at Alexandra Park Cadell St. Albury.

Time: 9.00 a.m. SHARP.

Eligibility: U6 to U16 Little Athletes registered with LAVic or LANSW and U14 & U16 Senior Athletes registered with Athletics Victoria or Athletics NSW.

Ages: U6 to U14 & U16 will be conducted, there will be no U15 group they will be conducted as a combined age with the U16's.

Entry Fees: \$4.00 per event, Maximum of 5 events. Athletes may compete in the 4 x 100m Relay as their 6th event, \$5.00 per team. Relay teams are to be organised by the parents and competitors NOT Albury Little Athletics Centre committee.

Uniform: Centre/Club uniform must be worn

Footwear: All competitors must wear protective footwear. 7mm conical spikes may be worn by U12 - U16 athletes for laned track and jumping field events. No blanks or blunts allowed.

Blocks: To be used by all U12 - U16 athletes wearing spikes. (Blocks will be available at the venue for use)

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

Officials: Centres and Clubs are required to supply one (1) official for every 3 athletes entered. List to accompany entries.

Awards: All competitors will receive a performance certificate. *Trophies* will be awarded to the first 3 placegetters in "Feature Events" *Medals* will be awarded to the first 3 placegetters in all other events and Ribbons will be awarded to first 3 placegetters in Relays.

Program: Events clashing may be unavoidable; a release system will operate with track taking precedence.

Cancellations: The centre reserves the right to cancel any event for which sufficient entries are not received.

Entries (with Cheque) to - Open Day Organising Committee,
Albury Little Athletic Centre
P.O. Box 933
Albury N.S.W. 2640

Enquires: Rosalie (02) 6043 2311 or Cynthia (02) 6025 4994

NO ENTRIES ACCEPTED ON THE DAY.

ENTRIES CLOSE: WEDNESDAY 17th NOVEMBER 2010

**ALBURY LITTLE ATHLETICS CENTRE
22nd OPEN DAY**

Sunday 28th November 2010

**Proudly supported by
The Bendigo Bank**

**Individual Athlete Entry Form
List of Events**

U6	50m	70m	100m			L.J.		S.P.	DIS
U7	50m	70m	100m	200m		L.J.		S.P.	DIS
U8	70m	100m	200m	400m		L.J.		S.P.	DIS
U9	70m	100m	200m	400m	60mH	L.J.		S.P.	DIS Relay
U10	100m	200m	400m	800m	60mH	T.J.		S.P.	DIS Relay
U11	100m	200m	400m	1500m	60mH	L.J.	H.J.	S.P.	DIS Relay
U12	100m	200m	400m	800m	60mH	T.J.		S.P.	DIS Relay
U13	100m	200m	400m	1500m	80mH	L.J.	H.J.	S.P.	DIS Relay
U14	100m	200m	400m	800m	Hur *	T.J.		S.P.	DIS Relay

There is no separate U15 age group U15 & U16's will be conducted as U16

U16	100m	200m	400m	800m	1500m	Hur *	L.J.	T.J.	H.J.	S.P.	DIS	Relay
------------	------	------	------	------	-------	-------	------	------	------	------	-----	-------

***Relays** U9 to U15 Boys 4 x 100m U9 to U15 Girls 4 x 100m

***Hurdles** - U14 Girls 80mH, U14 Boys & U16 Girls 90mH, U16 Boys 100mH.

Please circle events entered. (Maximum 5 events) \$4.00 per event. Athletes may compete in the 4 x 100m Relay as their 6th event. \$5.00 per teams.

Relay teams are to be organised by the parents and competitors NOT Albury Little Athletics Centre committee.

ENTRIES CLOSE

WEDNESDAY 17th NOVEMBER 2010

Surname.....Given Name.....

Address.....

PH No.....Centre.....

BOY/GIRL (Circle) D.O.B.....Age Gp U.....

Number of events entered..... \$.....Enclosed

ALBURY LITTLE ATHLETICS CENTRE

22nd OPEN DAY

Sunday 28th November 2010

CENTRE ONLY Entry Form

(please ensure the event you write on this side of the form is available for the selected age group)

From _____ Centre/Club _____

	Name	B/G	Age	Events	Fee
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					

ENTRIES CLOSE: WEDNESDAY 17th NOVEMBER 2010

Officials Duty (1 per 3 competitors)

Name.....Event Preference

Name..... Event Preference

Name..... Event Preference



Albury Little Athletics Centre

www.alburylittleathletics.org.au



22nd OPEN DAY

At the Synthetic track, Alexandra Park Albury

Sunday 28th November 2010

Proudly supported by

The Bendigo Bank