

# **COHUNA LITTLE ATHLETICS**

## **OPEN DAY**

**SUNDAY 28th NOVEMBER 2010**

**10.00 A.M. START**

**Cohuna Recreation Reserve 2<sup>nd</sup> Oval  
Island Rd, Cohuna**

Medallions for 1st, 2nd and 3rd placings in finals.  
Participation Awards are awarded to all non-medal winners.

Entries close on Friday 12th November 2010  
Entry fees must accompany entries



Please forward entries to:  
Vanessa Wight  
Cohuna Little Athletics Centre  
P.O. Box 325  
Cohuna Vic 3568  
Ph. 0447 551 344  
Email: wightav@bigpond.com



Each Athlete may enter four (4) events at a cost of \$6 per event (no refunds)

**PROGRESSION:** If speciality event is not provided in own age group, competitors may progress to the next age group.

**CHEQUES:** Cheques are to be made payable to Cohuna Little Athletics Centre and must be sent with entries.

**PLEASE NOTE:** If there are less than three competitors in any one event, the committee has the right to cancel this event and the athlete will be given the opportunity to choose another event.

**PLEASE INCLUDE A CONTACT PHONE NUMBER AND EMAIL WITH ALL ENTRIES.**

### **CANTEEN FACILITIES AVAILABLE**

Spikes can be worn by U12-U16 athletes, as per VLAA regulations.  
Starting blocks to be used by U12-U16 athletes in laned events  
All athletes must be registered with VLAA or NSWLA

**SHOES MUST BE WORN IN ALL EVENTS AT ALL TIMES**

**NO LATE ENTRIES WILL BE ACCEPTED**



**NOTE: ONE FORM PER CHILD PLEASE**

**NAME:** \_\_\_\_\_

**CLUB:** \_\_\_\_\_

**CENTRE:** \_\_\_\_\_

**AGE GROUP:** U/ \_\_\_\_\_ Boy / Girl

**HOME PHONE NO:** \_\_\_\_\_

**REGISTRATION NO:** \_\_\_\_\_

**Is your Registration Label attached to your Uniform?  Yes  No**

**ALL ENTRIES ARE TO BE SENT TO:**

Vanessa Wight  
PO BOX 325  
Cohuna 3568

**EVENTS:** (Please Circle Events Of Your Choice)

<b>U6</b>	70M	100M	L.J	S.P	60HUR		
<b>U7</b>	70M	100M	S.P	L.J.	60HUR	DIS	
<b>U8</b>	70M	100M	60HUR	L.J.	S.P.	H.J.	
<b>U9</b>	100M	200M	800M	60HUR	L.J.	DIS	
<b>U10</b>	100M	200M	400M	60HUR	H.J.	S.P.	T.J.
<b>U11</b>	100M	200M	800M	60HUR	H.J.	DIS	L.J.
<b>U12</b>	100M	200M	400M	60HUR	T.J.	S.P.	DIS
<b>U13</b>	100M	200M	800M	80HUR	L.J.	H.J.	S.P.
<b>U14</b>	100M	200M	400M	80HUR	T.J.	DIS	L.J.
<b>U15/16</b>	100M	200M	400M	800M	L.J.	S.P.	T.J. H.J. DIS

**TOTAL NO. OF EVENTS ENTERED:**  
(\$6.00 per event)

**TOTAL ENTRY FEE ENCLOSED:**  
(Cheques payable to Cohuna L.A.C.)

 \$

To assist us in running the program would you be available to officiate?:  Yes  No

If yes, what is your preferred event?

\_\_\_\_\_

What is your preferred time to officiate?  Morning  Afternoon  Either