



BAYSIDE OPEN DAY

SANDRINGHAM ATHLETIC TRACK, GLAMIS AVENUE, HAMPTON (Mel. Ref. 76 K6)
Sandringham, Oakleigh & Moorabbin Little Athletic Centres are your hosts

Sunday, 4th February, 2007

Venue Sandringham Athletics Track
Glamis Avenue, Hampton, Mel. Ref. 76 K6

Starting Time 10.00am

Eligibility All athletes registered with VLAA and AV in their relevant age groups
Athletes are permitted to progress to the next available age group where an event is not offered in their current age group

Entries Close Monday 22nd January 2007

Entry Fee \$3 per event. Maximum 5 events. Note SLAC is subsidising Sandringham athletes \$2 per event

Late Entries

- Entries after 22nd January 2007 - \$6 per event - no discounts.
- Late Entries may be taken up to 9am on the day
- Make cheques payable to Sandringham LAC. OR payment by CASH direct to centre Contact.

Entries to Bayside Open Day, PO Box 1014, Hampton North Vic 3188 or at Club on 13 and 20 Jan 2007.

Enquiries Phone Michael 0417 674 529 or Wendy 0411146 048 or Cheryl: 9533 5731 / 0411 262 504

Rules and Conditions

- Current Centre or Club uniform with registration patch attached and suitable footwear must be worn. 7mm spikes in sprints, hurdles, jumps, javelin, 800m & 1500m (for age groups as in the VLAA Competition Regulations)
- If insufficient starters, athletes will be contacted for alternate event choice

Parking: Is available at the track and surrounding streets - observe parking restrictions

Canteen: Full canteen available including BBQ

Awards: Medals for 1st, 2nd and 3rd placings in individual events and ribbons for 4th to 8th placings

For your records enter your events here and only return the cut off section filling in ALL details - thank you

1 _____ 2 _____ 3 _____ 4 _____ 5 _____

ENTRY FORM: Please circle events against the appropriate age group. Please ensure gender is specified.

							BOY <input type="checkbox"/>	GIRL <input type="checkbox"/>
U6	70m	100m	200m	LJ	Throw event			
U7	70m	100m	200m	LJ	Dis	SP		
U8	70m	100m	200m	LJ	Dis	60mH		
U9	800m	100m	200m	LJ	SP	60mH	HJ	
U10	800m	100m	200m	TJ	Dis	80mH		1100mW
U11	800m	100m	200m	LJ	SP	80mH	HJ	
U12	1500m	100m	400m	TJ	Dis	80mH	Javelin	
U13	800m	100m	200m	LJ	SP	80mH	HJ	1500mW
U14	1500m	100m	400m	TJ	Dis	80/90mH	Javelin	
U15	800m	100m	200m		SP	90mH (Girls)	HJ	
U18	1500m	100m	400m	LJ	Dis	100mH	Javelin	1500mW

Name _____ Telephone _____ Centre _____

Address _____ P/C _____

Email _____ Please make cheques payable to Sandringham LAC

Entry Fee \$ _____ (Enclosed) Cheque Money Order Cash

Complimentary lunch will be provided to Officials who work all day. If you are prepared to help please indicate preference for job. Please ensure the names of the helpers are entered below:

Helpers: _____ Preferred Job: _____

_____ Preferred Job: _____