



SEAFORD LITTLE ATHLETICS CENTRE

Open Day - Sunday February 8th 2009



Riviera Park, Eel Race Road, Seaford
Melway 97 F10

First Event 9.30am

- Entries : To Seaford Little Athletics Centre
PO Box 1038, Belvedere LPO, Seaford 3198
\$6.00 per event or 4 events for \$20 (max 4 events)
Entries close Saturday 31st January 2009
Late entries, where possible, may be accepted at \$7.00 per event
For insurance reasons, no late entries for U16-18 athletes
NO ENTRIES WILL BE ACCEPTED ON THE DAY
Cheques payable to Seaford LAC. No cash in mail please
- Uniform : Centre uniform or club uniform with **current age group tag** attached
Under 16-18 must wear AV number tag
- Spikes/Blocks : Please note spikes may be worn by U11-U18 athletes
Spikes permitted in laned and field events only
Starting blocks may be used by U12-U18 athletes
- Progressions : Each athlete may progress, if preferred event is not offered in correct age group.
Exceptions : U13 may progress 2 age groups for steeplechase & walk
No progressions allowed in U11 Javelin
- Under 16 -U18 : Under 16-18 will combine to run as Inter-aths
- General : Full canteen facilities and bbq operating
Electronic timing on straight track
Medals for 1st, 2nd, 3rd. Ribbons to all competitors
- Inquiries : To Aileen Cosans 9786 1488 after 6pm or email slac99@iprimus.com.au

Multiple Entry Form

SURNAME _____ CENTRE _____
ADDRESS _____ TEL _____

Please enter the following athletes in the events circled. All events run separately for girls and for boys.

FIRST NAME

| | | | | | | | | | | | |
|-------|-------|-------|------|------|----------|------|-----|-----|--------|----------|-----|
| _____ | G / B | U6 | 70m | 200m | 60mH | LJ | Dis | | | | |
| _____ | G / B | U7 | 70m | 200m | 60mH | LJ | SP | | | | |
| _____ | G / B | U8 | 100m | 200m | 60mH | 800m | LJ | Dis | | | |
| _____ | G / B | U9 | 100m | 200m | 60mH | 800m | TJ | SP | 1100mW | | |
| _____ | G / B | U10 | 100m | 200m | 60mH | 800m | LJ | Dis | 1100mW | | |
| _____ | G / B | U11 | 100m | 200m | 60mH | 800m | TJ | SP | Jav | | |
| _____ | G / B | U12 | 100m | 200m | 60mH | 800m | LJ | Dis | 1500mW | 2000mStp | |
| _____ | G / B | U13 | 100m | 200m | 80mH | 800m | TJ | SP | Jav | | |
| _____ | G / B | U14 | 100m | 200m | 80/90mH | 800m | LJ | Dis | Jav | | |
| _____ | G / B | U15 | 100m | 200m | 90/100mH | 800m | TJ | SP | 1500mW | 2000mStp | Jav |
| _____ | G / B | Inter | 100m | 200m | 90/100mH | 800m | LJ | Dis | 1500mW | 2000mStp | Jav |

Payment enclosed for _____ events \$ _____.

Email Address: _____