

Coburg All Star

# OPEN DAY



**Date:** Sunday 14<sup>th</sup> March 2010  
**Venue:** Harold Stevens Reserve  
 Outlook Drive, Coburg  
 (Mel 18A10)  
**Time:** Commencing 9:00am – Sharp

**Entry Fee:** \$5.00 per event (maximum 4 events)  
(Entry fee included in Registration fee for Coburg LAC athletes)

**Mail to:** 51 Cornwall Street, West Brunswick 3055  
 Please make cheques/Postal Orders payable to:  
 Coburg Little Athletics Centre

**Entries Close:** 28<sup>th</sup> February, 2010  
 Late entries will not be accepted on the day.  
 No changes will be made on the day unless entry has been recorded incorrectly.  
 Entries will only be accepted upon receipt of entry fees.

**Enquiries:** Kathleen Marsh  
 Mob: 0417 557 302 AH: 9386 8246

----->-----PLEASE RETURN THIS PORTION WITH PAYMENT----->-----  
 COBURG ALL STAR OPEN DAY – ATHLETE DETAILS

Family Name of Athlete.....  
 Address:.....  
 Centre.....Phone Number:.....  
 Email address:.....  
 Signature of Parent/Guardian.....

PLEASE LIST SELECTED EVENTS BELOW WITH ATHLETES DETAILS:

ATHLETE 1. FIRST NAME:		ATHLETE 2. FIRST NAME:	
AGE GROUP	circle Boy / Girl	AGE GROUP	circle Boy / Girl
1		1	
2		2	
3		3	
4		4	

\*\*If you have another athlete in your family please use another form or write the details below.

### PROGRESSION

ATHLETES WISHING TO ENTER INTO AN EVENT THAT IS NOT OFFERED IN THEIR OWN AGE GROUP MAY PROGRESS ONE AGE GROUP AND SHALL BE COMPETING AT THAT AGE LEVEL, EXCEPT THAT:

- UNDER 7 ATHLETES MAY NOT ENTER TRIPLE JUMP AT UNDER 8 LEVEL
- IN OPEN COMPETITION, ANY PERMITTED ATHLETE MAY ENTER THAT EVENT AS PER POINTS 1 & 2 BELOW
- HIGH JUMP ENTRANTS MUST BE ABLE TO JUMP STARTING HEIGHTS – SEE POINT 6 BELOW

EVENTS LISTED ABOVE APPLY TO BOTH BOYS AND GIRLS.

ONLY ATHLETES WHO ARE REGISTERED WITH VLAA (or interstate affiliates) ARE ELIGIBLE TO COMPETE.

**PROTEST:** NO PROTEST WILL BE ALLOWED. COMPETITION DIRECTOR'S DECISION IS FINAL.

**IF INSUFFICIENT ENTRIES ARE RECEIVED THE CENTRE HAS THE RIGHT TO CANCEL AN EVENT.**

1. The 1500m race and 1500 walk is split for juniors U11 & 12 athletes, then one race for U13, 14 & 15 athletes.
2. There will also be group events in Triple Jump, Javelin and Steeple available for U13, 14 and 15 only.
3. The junior Steeple event is only for U10, 11 and 12 athletes only. Younger athletes cannot progress.
4. Hurdles events will be 80m for all athletes U8-13, U14 & 15 Boys/Girls will race according to VLAA regulations.
5. Athletes, both boys and girls, winning the 100 metres will be invited to enter the Bill Taylor Handicap event.
6. High Jump Starting Heights – U9: B90/G85cm; U11: B105/G100cm; U13: B120/G115cm; U15: B135/G130cm.

**Record your events here for future reference.**

**Athlete 1**.....

**Athlete 2**.....

**1**.....

**1**.....

**2**.....

**2**.....

**3**.....

**3**.....

**4**.....

**4**.....

**More Information on the web about Coburg Little Athletics Centre at:**

[www.coburglac.com.au](http://www.coburglac.com.au)

**Please circle chosen events and write in spaces on reverse side of form.**

Age	80H 90H 100H	70m	100m	200m	400m	800m	1500m	Walk	LJ	SP	Discus	TJ	HJ	Jav	Steeple	
U6		x	x						x	x	x					
U7		x	x						x	x	x					
U8	x	x	x	x	x				x	x	x	x				
U9	x	x	x	x	x				x	x	x		x			
U10	x	x	x	x	x	x		x	x	x	x	x				
U11	x	x	x	x	x	x	X	X	x	x	x		x		x	
U12	x	x	x	x	x	x			x	x	x	x	x			x
U13	x		x	x	x	x	X	X	x	x	x		x		X	
U14	x		x	x	x	x			x	x	x	x	X			X
U15	x		x	x	x	x			x	x	x	x		x		