

# **RINGWOOD MULTI-EVENT OPEN DAY**

**Proclamation Park, Sylvia Grove, Ringwood**

**Website: [www.rlac52.com.au](http://www.rlac52.com.au)**

## **Sunday, 24th November 2013**

The perfect lead up event to the LAVic State Multi

- Venue:** Proclamation Park, Sylvia Grove Ringwood – Melways Ref: Map 49, F12
- Time:** Marshalling to commence at 9am for a 9:30am start
- Eligibility:** Must be LAVic registered & compete in Club or Centre uniform including patch
- Entries Close:** Monday 28<sup>th</sup> October 2013
- Entry Fee:** \$10 per athlete
- Payment:** DO NOT send cash in mail; cheques or money orders accepted, payable to RLAC; Direct Debit BSB 633-000; Acct 144420890; Account Name 'Ringwood Little Athletics Centre Inc'; Please include your family name as a reference
- Late Entries:** Accepted subject to programming and availability. Late Entry Fee: \$15  
NO ENTRIES will be accepted on the day of competition
- Entries to:** RLAC, Multi Event, P.O. BOX 31 RINGWOOD EAST VIC 3135
- Enquiries:** Email: [ringwood@lavic.com.au](mailto:ringwood@lavic.com.au)  
Phone: RLAC – 0402 070 099

### **Canteen Facilities**

Canteen will be available including BBQ.

### **Parking**

Parking is available at the track and nearby streets  
(Please ensure you are legally parked).

### **Cancellation or Interruption due to Inclement Weather**

Full or partial refunds will be given at the discretion of RLAC.

### **Competition Details**

Events will align with the LAVic multi event format. (See age groups and events below)

One exception is that U14-U16 age groups will complete all events in one day rather than two.

Alberta scoring system used.

Medals presented to top 3 finishers in each age group.

### **Age Group & Events**

**U9 – U13 Boys** - 100m, 80mH, Long Jump, Discus, 800m

**U9 – U13 Girls** - 100m, 80mH, Long Jump, Shot Put, 800m

**U14 Boys** - 100m, 90mH, High Jump, Long Jump, Discus, 800m

**U14 Girls** - 200m, 80mH, High Jump, Long Jump, Shot Put, 800m

**U15 Boys** - 100m, 100mH, High Jump, Long Jump, Discus, Javelin, 800m

**U15/U16 Girls** - 200m, 90mH, High Jump, Long Jump, Shot Put, Javelin, 800m

**U16 Boys** - 100m, 100mH, High Jump, Long Jump, Discus, Shot Put, Javelin, 800m

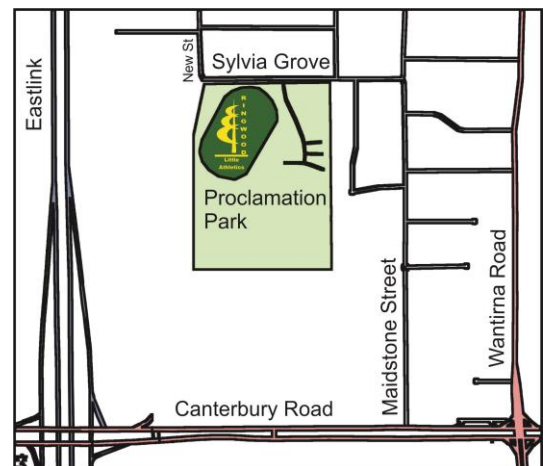
### **Time Table**

The proposed time table will be based on the State Multi Event timetable – subject to number of entries.

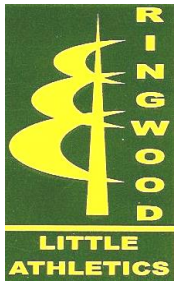
### **Protests/Appeals**

Must be lodged within 15 minutes of the end of an individual event.

Referees decision is final.



See the Ringwood LAC website for further details: [www.rlac52.com.au](http://www.rlac52.com.au)



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ONE ATHLETE PER FORM PLEASE

Please complete ALL details. Entries close Monday 28<sup>th</sup> October 2013

Name \_\_\_\_\_ Phone \_\_\_\_\_ Mobile \_\_\_\_\_

Centre \_\_\_\_\_ LAVic Registration No: \_\_\_\_\_

Birth Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Boy / Girl \_\_\_\_\_ Age Group \_\_\_\_\_

**\*\*U14 – U16 Athletes Only**

Please enter your HJ Start Height \_\_\_\_\_ m\_

Address \_\_\_\_\_ Post Code \_\_\_\_\_

Email \_\_\_\_\_ Entry Fee \$ \_\_\_\_\_ (Encl) Make cheques payable to RLAC  
(Cash / Cheque / Other / Direct Debit) - please circle

Parent/ Guardian Signature \_\_\_\_\_

Entries to RLAC, Multi Event, P.O. BOX 31 RINGWOOD EAST VIC 3135

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