



**BRIMBANK LITTLE ATHLETICS CENTRE  
FREE COME AND TRY DAY**

**SATURDAY 14th SEPTEMBER 2019**

**&**

**SATURDAY 5<sup>th</sup> OCTOBER 2019**

**10AM UNTIL 12PM**

Do you have a child between 5 and 16 years old who is interested in Athletics? Come along, have some fun and enjoy a free sausage sizzle while meeting some of our athletes and coaches.

Athletes will participate in a mixture of track and field events. These include: high jump, discus, shot put, long jump and running events.

For further information please email [brimbank@lavic.com.au](mailto:brimbank@lavic.com.au)

Sassella Park 119 Station Rd, Deer Park

Website: <http://www.brimbanklac.com.au/>

Facebook: [www.facebook.com/brimbanklac](http://www.facebook.com/brimbanklac)

Email: [brimbank@lavic.com.au](mailto:brimbank@lavic.com.au)

GREAT OPPORTUNITY  
TO TRY ATHLETICS IN A  
FUN AND ENGAGING  
ENVIRONMENT

BRIMBANK LITTLE  
ATHLETICS CENTRE  
CATERS FOR ATHLETES  
OF ALL ABILITIES

ATHLETICS SEASON  
RUNS FROM OCTOBER  
TO MARCH

CROSS COUNTRY  
SEASON RUNS FROM  
APRIL TO AUGUST

TRAINING AVAILBALE  
ON TUESDAY AND  
THURSDAY NIGHTS