



ILLAWONG LITTLE ATHLETICS CENTRE

2010/2011 Season commences Saturday, 4th September, 2010 at The Ridge Athletics Track.

Competition times - 12:45pm (first call for all events) to 4-4.30pm (approx) on Saturday afternoons

We can only accept cash or cheque when registering in person

Sunday 8th August	The Ridge Athletics Track	10:00am to 2:00pm
Sunday 15th August	The Ridge Athletics Track	10:00am to 2:00pm

OR register online (credit card payment accepted) @ www.laansw.com.au from 1st August

Registrations are open for children aged 5 to 16 as at midnight on 30th September, 2010.

Tiny Tots (non competition) must turn 3 by 30th September 2010.

Anyone registering who was not registered last season (or not shown proof of age) MUST bring proof of age (Birth Certificate, Passport, etc.) at time of registration.

Registration fees:	
1 st child	\$95 plus uniform
2 nd child	\$90 plus uniform
3 rd child	\$85 plus uniform
4 th child	\$80 plus uniform
5 th & subsequent children	\$75 plus uniform
Tony Tots	\$50 (no uniform required)
LATE REGISTRATION FEE OF \$10 APPLIES FOR THOSE REGISTERING <u>IN PERSON</u> AFTER ADVERTISED REGISTRATION DATES ABOVE	

The following table lists the events for each age group (competing over a two week cycle)

Tiny Tots	non-competition events/play games
Under 6	50m, 70m 100m 200m, 60m hurdles, cross country, long jump, novelty high jump, shot put
Under 7	70m 100m 200m, 500m, 60m hurdles, long jump, novelty high jump, shot put, discus
Under 8	70m 100m 200m, 400m, 700m, 60m hurdles, long jump, high jump, shot put, discus
Under 9	70m 100m 200m, 400m, 800m, 60m hurdles, long jump, high jump, shot put, discus, 700m walk
Under 10	70m 100m 200m, 400m, 800m, 1500m, 60m hurdles, long jump, high jump, shot put, discus, 1100m walk
Under 11	100m 200m, 400m, 800m, 1500m, 60m hurdles, long jump, high jump, shot put, discus, 1100m walk, triple jump
Under 12	100m 200m, 400m, 800m, 1500m, 60m hurdles, long jump, high jump, shot put, discus, 1500m walk, triple jump, javelin
Under 13	100m 200m, 400m, 800m, 1500m, 3000m, 80m hurdles, 200m hurdles, long jump, high jump, shot put, discus, 1500m walk, javelin, triple jump
Under 14	100m 200m, 400m, 800m, 1500m, 3000m, 80/90m hurdles, 200m hurdles, long jump, high jump, shot put, discus, 1500m walk, javelin, triple jump
Under 15	100m 200m, 400m, 800m, 1500m, 3000m, 90/100m hurdles, 200m hurdles, long jump, high jump, shot put, discus, 1500m walk, javelin, triple jump
Under 17	100m 200m, 400m, 800m, 1500m, 3000m, 100/110m hurdles, 200m hurdles, long jump, high jump, shot put, discus, 1500m walk, javelin, triple jump

For further information visit our website - <http://www.illawongathletics.org>