

ENTRY FORM

THE LANDY TROPHY

- *Sponsored by:*
- **Qualitops, Collingwood**
- **Silverglo Australia**
- **Runners' World**
- **Melican Thain Accountants**

Rieschiecks Reserve (Melway: 33, J11)

DONCASTER, February 20, 2012

(All entrants for THE LANDY TROPHY contest 200m AND 1000m heats. 'A', 'B' and Young Guns finals)

Name (PRINT): _____ **Age** (on Feb.20) _____

T-Shirt size: SMALL – MEDIUM – LARGE*

* Delete whichever is not applicable

I understand and acknowledge that, for THE LANDY TROPHY:

- The number of contestants will be limited to 64, plus 8 emergencies.
- Sixteen runners selected by the organisers will be seeded, with the remainder of the draw being done by random ballot.
- Entries, on a 'first in' basis, *must* be accompanied by the **entry fee of \$10**.
- **ENTRIES CLOSE** with the last mail delivery on **Wednesday, February 8, 2012**. On no account will late entries be accepted FOR ANY EVENT.
- Entries for ALL EVENTS may be posted to **Landy Entries, C/o P.O. Box 271, ROSANNA, 3084**, to arrive by **Wednesday, February 8** or may be lodged with **any VMA venue manager** no later than **Friday, February 3, 2012**.
- All runners *must* run in T-shirt/singlet tops supplied by the organisers.
- Please enclose career history/highlights (see reverse side) for form guide.

I hereby declare that I am in good health and will be properly conditioned to actively participate in events at THE LANDY TROPHY meeting at the Doncaster venue of the Victorian Masters' Athletic Club Inc. on February 20, 2012. I absolutely relieve the said club and organisers of any responsibility for any injury or personal damage I may sustain in the course of competing in events organised by that branch of the VMACI. I further agree to be bound by all conditions set down by the organisers.

I enclose my entry fee of \$10 (cheques payable to 'VMA Doncaster').
(Fees for eliminated entrants will be refunded.)

SIGNED: _____ **Phone:** _____

Address: _____

e-mail: _____

VMA venue affiliation (if any): _____

OFFICE USE ONLY:

NUMBER

COLOUR

200 HEAT

1000 HEAT

THE LANDY TROPHY

to be run in conjunction with

THE LANDY SHIELD (Inter-venue event, no entry required)
and THE DONCASTER DASH

The Landy Trophy has been the premier Masters Athletics event in Australia since it was first run in 2000. It is named in honour of John Landy, an icon of Australian athletics who epitomised sportsmanship and athletics prowess.

The Landy Trophy has been designed to challenge the 64 competitors over both the 200m and the 1000m distances. Their overall places in both these heats are combined to establish finalists who compete over 400m. All competitors are handicapped for age and gender.

There are three 400m 'Finals' giving 24 of the 64 competitors an opportunity to showcase themselves in front of the crowd over this challenging distance.

The three finals are **The Landy Trophy** (top 8 competitors over 200m & 1000m heats) **The Landy Trophy consolation final** (9th to 16th over 200m & 1000m heats) and the **Under 55's "Young Guns" final** (top 8 competitors under 55 years over the 200m & 1000m heats who don't qualify for final or consolation)

HANDICAPS

(Calculated according to the Age-Graded Percentage scale)

AGE	200 Run		1000 Run		400 Run	
	M	W	M	W	M	W
30		12		70		27
35	Scratch	19	Scratch	106	Scratch	41
40	7	26	35	142	13	55
45	14	33	70	178	26	68
50	21	40	106	216	40	82
55	27	46	144	254	54	97
60	33	53	183	295	69	112
65	40	60	225	337	85	128
70	48	69	271	383	102	146
75	57	77	321	433	121	165
80	66	87	376	487	142	186

CAREER HIGHLIGHTS *(for inclusion in program form guide)*

Please include athletics history, titles, records, PBs, performances of note and representation etc. at school, club, State and international levels:

NAME: _____

HISTORY: _____

TITLES: _____

RECORDS, PBs: _____

REPRESENTATION: _____
