

Summer News 01

INTERCLUB COMPETITION STARTS THIS SATURDAY!

Shield competition starts this Saturday, October 1 (see attached calendar).

Competition will be program 1 (100m, 400m, 1500m etc.) with the hammer throw at 12:00 pm and other events starting at 1:00 pm. (see attached program).

Hopefully we will see a big turn up for competition this Saturday and right throughout the season.

GET REGISTERED!

If anyone is not yet registered for this season, please do so as soon as possible. Send in your registration or come to the track and pay your registration on Saturday.

CHANGES TO COMPETITION

With the Commonwealth Games being held in March, there will be some changes to the usual calendar this season.

Interclub (Shield) competition will conclude with Association Finals on Australia Day (January 26). The rest of the season will consist of individual "All Comers" meets and championships.

There will be no state league competition this season.

COMMONWEALTH GAMES

This promises to be an exciting season with the Commonwealth Games to held next March. Best of luck to all our athletes who are aiming to make the Australian team.

COMPETE AT THE M.C.G.

Next February, in preparation for the Commonwealth Games, the Victorian Open championships will be held at the M.C.G. We encourage all athletes to take advantage of this once in a lifetime opportunity to race at this famous stadium.

TERRIFIC WINTER RESULTS

In case anyone is unaware, Box Hill had its best cross country and road results for many years. The men's open team won the last 2 events and finished the season second on the ladder, not far behind premiers Glenhantly.

Our women's team won the division 2 premiership and will be promoted back to division 1 next season.

SHOW SOME COURTESY

With the track season upon us the number of athletes training on the track at Box Hill has increased. Please be aware that other athletes are training on the track. Not only do we not want athletes inconvenienced, but injuries can occur if people do not follow some common sense rules.

1. If you are walking or jogging or recovering between repetitions, please use the outside lanes of the track.
2. If you feel the need to kick a football, be aware of others running on the track and kick the football only on the grass infield.
3. Be aware when javelin or discus throwers are training!
4. Before you run on the track always look around to see who else is using the track at the same time.

Hopefully training at Box Hill can be safe and enjoyable for everyone!

PHOTO FINISH

Athletics Victoria have confirmed that we will have photo finish at Box Hill on Saturday. Photo finish will also be available at Box Hill on October 15 and 22 and at Ringwood on November 19.

This is a great opportunity for coaches and athletes. Athletics Victoria will be supplying one operator and will need some help with setting up (11.00am) and working the system.

Do you have any people in your family who would like to help on Saturday, or who would like to learn how to operate the photo finish? Let us know.

ATHLETICS VICTORIA 2005-2006 SUMMER FIXTURE

Note: some dates and competitions maybe subject to change. Not all national and school's competitions are listed.

2005 September

Thurs 29-Sep Athletics Victoria Skins / Junior Skins & Victorian Mile Olympic Park,

October

Sat 1-Oct Shield Competition - Round 1 (Program 1) Box Hill

Sat 8-Oct Victoria All Schools Track & Field Championships U17-20 Olympic Park

Sun 9-Oct Victoria All Schools Track & Field Championships U17-20 Olympic Park

Sat 15-Oct Shield Competition - Round 2 (Program 2) Box Hill

Sat 22-Oct Shield Competition - Round 3 (Program 1) Box Hill

Sat 29-Oct Victoria All Schools Track & Field Championships U12-16 Olympic Park

Sun 30-Oct Victoria All Schools Track & Field Championships U12-16 Olympic Park

November

Sat 5-Nov Shield Competition - Round 4 (Program 2) Box Hill

Sat 12-Nov Shield Competition - Round 5 (Program 1) Doncaster

Sat 19-Nov Shield Competition - Round 6 (Program 2) Ringwood

Sat 19-Nov Athletics Victoria - National Series Meet (twilight) Nunawading

Sun 20-Nov 2005 Whitehorse Mega Mile Fun Run / Walk Whitehorse Rd, Nunawading

Sat 26-Nov Shield Competition - Round 7 (Program 1) Box Hill

Sun 27-Nov to Sat 3-Dec Pacific School Games Olympic Park

December

Thur 1-Dec Zatopek Olympic Park

Sat 3-Dec Shield Competition - Round 8 (Program 2) Box Hill

Sat 10-Dec Shield Competition - Round 9 (Program 1) Doncaster

Sat 17-Dec Vic. Relay & Club Team Champs Newport Park, Newport (Williamstown)

Sun 18-Dec Vic. Relay & Club Team Champs Newport Park, Newport (Williamstown)

2006 January

Sat 7-Jan King's Track & Field All Comers Meet (1) Box Hill

Sat 14-Jan Shield Competition - Region Final, Box Hill

Thurs 19-Jan King's Track & Field All Comers Meet (2) Doncaster

Fri 20-Jan Vic Youth, U20, U23 & o/age Track & Field Champs Olympic Park

Sat 21-Jan Vic Youth, U20, U23 & o/age Track & Field Champs Olympic Park

Sun 22-Jan Vic Youth, U20, U23 & o/age Track & Field Champs Olympic Park

Thurs 26-Jan Shield Final Reischiek's Reserve, Doncaster

February

Fri 3-Feb Commonwealth Games Selection Trials & Sydney Olympic Park

Sat 4-Feb Australian Open Athletics Championships & Sydney Olympic Park

Sun 5-Feb U18 State Match Sydney Olympic Park

Sat 4-Feb All Comers Meet VENUE 1: Glenhuntly, 2: Williamstown, 3: Knox

Sat 11 Feb King's Track & Field All Comers Meet (4) Olympic Park

Fri 17-Feb Victorian Open Track & Field Championships Melbourne Cricket Ground

Sat 18-Feb Victorian Open Track & Field Championships Melbourne Cricket Ground

Sun 19-Feb Victorian Open Track & Field Championships Melbourne Cricket Ground

Sat 18-Feb Melbourne Grand Prix II (Telstra A Series) Melbourne Cricket Ground

Sun 19-Feb Aust. Club Relay Champs (4x100m & 4x400m) Melbourne Cricket Ground

March

Sat 4-Mar King's Track & Field All Comers Meet (6) Hagenauer's Reserve, Box Hill

Wed 15-Mar Commonwealth Games-Opening Ceremony Melbourne Cricket Ground

Sun 19-25 Mar Commonwealth Games-Track&Field Melbourne Cricket Ground

Sun 26-Mar Commonwealth Games-Closing Ceremony Melbourne Cricket Ground

Fri 31-Mar Australian U20 & U23 Track & Field Championships, Mile End SA

April

Sat 1-April Australian U20 & U23 Track & Field Championships Mile End SA

Sun 2-April Australian U20 & U23 Track & Field Championships, Mile End SA

Sun 2-April Australian Club Championships, Mile End SA

Program 1 Track Events

1:00	100m Women
	3000m Walk Men and Women
1:25	100m Men
	1500m Walk Men and Women
1:40	1500m Women
2:05	1500m Men
2:15	110m Hurdles Men
	100m Hurdles Women
3:00	4×100m Relay Men (alternates with 4×200m)
3:20	4×100m Relay Women (alternates with 4×200m)
3:35	Steeplechase Men
3:50	Steeplechase Women
4:05	400m Women
4:15	400m Men

Program 2 Track Events

1:00	200m Hurdles Men and Women
1:05	2000m Walk Men and Women
	400m Hurdles Men and Women
1:25	100m Women
	800m Men
1:50	100m Men
2:05	800m Women
2:30	5000m Men and Women (alternates with 3000m)
2:35	200m Women
3:00	3000m Women
3:05	200m Men
3:20	3000m Men
3:55	4×400m Relay Women (alternates with Medley Relay)
4:05	4×400m Relay Men (alternates with Medley Relay)

PROGRAM 1

FIELD

	HAMMER	DISCUS	SHOT PUT	HIGH JUMP	TRIPLE JUMP	POLE VAULT
12:00 PM	Men & Women 35+					
12:35 PM	All Throwers below 35m					
1:00 PM				Men (18) Women (1 / 2)	Men (1 / 2)	3.80m +
1:30 PM		Men (18) Women (18)	Men (3)	Men (16)	Men (3 / 4)	
2:00 PM		Men (14) Women (14)	Men (16) Women (16)	Men (14) Women (14)	Men (18) Women (1 / 2)	
2:15 PM						3.00m+
2:30 PM		Men (3)	Men (4)	Women (18 / 16)	Men (16)	
3:00 PM		Men (4)	Men (14) Women (14)	Men (1 / 2)	Men (14) Women (14)	
3:30 PM		Women (1 / 2)	Men (1 / 2)	Men (3 / 4)	Women (18 / 16)	1.80m +
4:00 PM		Men (16) Women (16)	Men (18) Women (18)			
4:30 PM		Men (1 / 2)	Women (1 / 2)			

PROGRAM 2

FIELD

	HAMMER	JAVELIN	SHOT PUT	HIGH JUMP	LONG JUMP	POLE VAULT
12:00 PM	Men & Women 35+					
12:35 PM	All Throwers below 35m					
1:00 PM				Men (18) Women (1 / 2)	Men (1 / 2)	3.80m +
1:30 PM		Men (18) Women (18)	Men (3)	Men (16)	Men (3 / 4)	
2:00 PM		Men (14) Women (14)	Men (16) Women (16)	Men (14) Women (14)	Men (18) Women (1 / 2)	
2:15 PM						3.00m+
2:30 PM		Men (3)	Men (4)	Women (18 / 16)	Men (16)	
3:00 PM		Men (4)	Men (14) Women (14)	Men (1 / 2)	Men (14) Women (14)	
3:30 PM		Women (1 / 2)	Men (1 / 2)	Men (3 / 4)	Women (18 / 16)	1.80m +
4:00 PM		Men (16) Women (16)	Men (18) Women (18)			
4:30 PM		Men (1 / 2)	Women (1 / 2)			

PROGRAM 3

FIELD

	DISCUS	JAVELIN	SHOT PUT	HIGH JUMP	TRIPLE JUMP	POLE VAULT
12:00 PM	Women (1 / 2)					
12:35 PM	Men (18) Women (18)					
1:00 PM	Men (16 / 14) Women (16 / 14)			Men (18) Women (1 / 2)	Men (1 / 2)	3.80m +
1:30 PM	Men (3 / 4)		Men (3)	Men (16)	Men (3 / 4)	
2:00 PM	Men (1 / 2)		Men (16) Women (16)	Men (14) Women (14)	Men (18) Women (1 / 2)	
2:15 PM						3.00m+
2:30 PM		Men (4)	Men (4)	Women (18 / 16)	Men (16)	
3:00 PM		Men (14) Women (14)	Men (14) Women (14)	Men (1 / 2)	Men (14) Women (14)	
3:30 PM		Men (18) Women (18)	Men (1 / 2)	Men (3 / 4)	Women (18 / 16)	1.80m +
4:00 PM		Women (1 / 2)	Men (18) Women (18)			
4:30 PM		Men (1 / 2)	Women (1 / 2)			

PROGRAM 4

FIELD

	HAMMER	JAVELIN	DISCUS	SHOT PUT	HIGH JUMP	TRIPLE JUMP	POLE VAULT
12:00 PM	Men & Women 35+						
12:35 PM	All Throwers below 35m						
1:00 PM					Men (18) Women (1 / 2)	Men (2)	3.80m+
1:30 PM		Men (16 / 14) Women (16 / 14)		Men (1)	Men (16)	Men (3 / 4)	
2:00 PM		Men (18) Women (18) Women (1)		Men (2)	Men (14) Women (18/16/14)	Men (18)	
2:15 PM							3.00m+
2:30 PM		Men (14) Women (14)	Men (1 / 2)	Men (3 / 4)	Men (1)	Men (16)	
3:00 PM		Men (16) Women (16)	Men (3 / 4)	Men (18) Women (1 / 2)	Men (2)	Men (14) Women (18/16/14)	
3:30 PM		Men (18) Women (1 / 2)		Men (16)	Men (3 / 4)		1.80m+
3:45 PM				Men (14) Women (14)		Men (1)	
4:00 PM		Men (1 / 2)		Women (1 / 2)			
4:30 PM		Men (3 / 4)		Women (18 / 16)			