

## **Box Hill Athletic Club Summer News No. 08**

### SHIELD COMPETITION ROUND 5 AT DONCASTER

Just a another reminder that tomorrow's shield competition will be held at Doncaster Athletic Track (Reischiek's Reserve, Melway 33 J11)

### CHANGES TO FIELD PROGRAM THIS SATURDAY

Here is the revised No. 4 field program to be used on Saturday 12 November and Saturday 10 December

#### **EASTERN REGION FIELD PROGRAM 4 2005/06**

**DATES: 12.11.05 10.12.05**

<b>Time</b>	<b>Shot</b>	<b>Hammer</b>	<b>Discus</b>	<b>Javelin</b>	<b>High</b>	<b>Triple</b>	<b>Pole</b>
12.00pm		>35m					
12.35pm		<35m					
1.00pm					M18,W1,2	M2	start3.80m
1.30pm	M3		M,W18	M,W14	M16	M3,4	
2.00pm	M,W16		M,W14	W1,2	W18,16	W1,2	start3.00m
2.30pm	M4		M3	M,W18	M1	M16	
3.00pm	M,W14		W1,2	M,W16	M2	M,W14 W18,16	start1.80m
3.30pm	M1,2		M4	M3	M3,4		
3.45pm						M1	
4.00pm	M,W18		M,W16	M1,2			
4.30pm	W1,2		M1,2	M4			

### LOLLY DRIVE

Order forms are due back, so please return your lolly order forms as soon as possible!

### VICTORIAN CLUB CHAMPIONSHIPS AND VICTORIAN RELAY CHAMPIONSHIPS

These events will be held at Newport Park (Williamstown) on Saturday and Sunday, December 17-18. Mark these dates in your diary as we hope to have many teams competing on the weekend before Christmas.

## UPCOMING EVENTS

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

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)