

Box Hill Athletic Club Summer News 18

ASSOCIATION FINALS THIS THURSDAY AT DONCASTER

Interclub competition for this season reaches its climax with the Association Shield finals at Doncaster on Thursday (Australia Day, January 26).

Box Hill has teams in men's division 1, division 2 and under 18 and in women's division 1 and under 16.

If you are not competing in one of these teams, come along and support the club.

Program below (as per page 56 of the Summer Handbook)

TRACK

10:00 AM 3000m Walk Men (1 / 2 / 18)	3000m Walk Women (1 / 18)
10:30 AM 1500m Walk Men (3 / 4 / 16 / 14)	1500m Walk Women (2/ 16 / 14)
10:45 AM 100m Men (1 / 2 / 3 / 4 / 18 / 16 / 14)	
11:30 AM 100m Women (1 / 2 / 18 / 16 / 14)	
12:05 PM 1500m Men (1 / 2 / 3 / 4 / 18 / 16 / 14)	
12:50 PM 1500m Women (1 / 2 / 18 / 16 / 14)	
1:20 PM 4x100m Relay Men (1 / 2 / 3 / 4 / 18 / 16 / 14)	
1:40 PM 4x100m Relay Women (1 / 2 / 18 / 16 / 14)	
2:00 PM 3000m Steeple (91) Men (1 / 2)	2000m Steeple (91) Men (18)
2:15 PM Sprint Hurdles Men (1/2/3/4/18/16/14)	Sprint Hurdles Women (1/2/18/16/14)
3:10 PM 3000m Steeple (76) Women (1)	2000m Steeple (76) Men (3 / 4)
3:30 PM 2000m Steeple (76) Women (2 / 18)	
3:45 PM 2000m Steeple (76) Men (14)	2000m Steeple (76) Women (16 / 14)
4:00 PM 400m Men (14 / 16 / 18 / 4 / 3 / 2 / 1)	
4:50 PM 400m Women (14 / 16 / 18 / 2 / 1)	
5:25 PM FINISH	

FIELD

	JAV	SP	DT	HJ	TJ	PV
10:00 AM	W18	M2	M14	W14	M18	
10:35 AM	W2	M1	W14	M14	M3	W1
11:10 AM	W1	W14	M16	W16	M2	W2
11:45 AM	M14	W16	M18	W2	M1	M16
12:20 PM	M16	W1	M4	W18	W14	M18
12:55 PM	M18	W2	M3	M16	W16	W18
1:30 PM	M4	M18	M2	W1	W18	M3
2:05 PM	M3	M14	M1	M4	W2	W16
2:40 PM	M1	M16	W18	M3	W1	M2
3:15 PM	M2	W18	W16	M18	M14	M1
3:50 PM	W14	M4	W2	M2	M16	
4:25 PM	W16	M3	W1	M1	M4	
5:00 PM	FINISH					

UPCOMING EVENTS

THURSDAY, JANUARY 26

The Association Finals will be held at Reischick's Reserve, Doncaster.

TUESDAY, JANUARY 31

Entries close for the Victorian open age championships on Tuesday, January 31st. This is a once in a lifetime opportunity to compete at the MCG on the Commonwealth Games track and all eligible athletes are encouraged to enter.

FRIDAY, FEBRUARY 3 – SUNDAY, FEBRUARY 5

Good luck to all athletes who will be competing at the Commonwealth Games trials in Sydney on February 3, 4 and 5. Hopefully the club will have a number of athletes in the Commonwealth Games team.

SATURDAY, FEBRUARY 4

All Comer's Meet number 3 will be held at Glenhuntly, Williamstown and Knox on Saturday, February 4.

SATURDAY, FEBRUARY 11

All Comer's Meet number 4 will be held at Olympic Park on Saturday, February 11

FRIDAY, FEBRUARY 17 – SUNDAY, FEBRUARY 19

Victorian open age championships at the MCG

RESULTS FROM THE STATE UNDER AGE CHAMPIONSHIPS

Congratulations to all athletes who competed well in very trying conditions at the State Under Age Championships last weekend. Despite rain on the Friday night and the 40 degree temperatures and swirling winds on Saturday and Sunday, Box Hill had many medal winners and other good performances some of which are listed below.

MEN

Under 16

Chris Brock 1st 200m hurdles(32.07) 2nd 100m hurdles(15.90)

Under 18

Andrew Hogan 1st High Jump(1.80m) 2nd 400m hurdles(57.14)
Angus Bovill 2nd High Jump(1.80m)

Under 20

Imran Zeed 1st 400m Hurdles (57.50)
Matt Coloe 2nd 1500m(3:54.41)
Navin Arunasalam 2nd 800m(1:55.12)
Steve Kelly 3rd 5000m(15:07.1)
Andrew Haddow 3rd 200m(23.12)
Grant Hodges 3rd Long Jump(6.35m)

Under 23

Corwin Pusch 1st 400m(48.96)
Andrew White 1st 1500m(3:59.04)
Mohamad Zeed 1st 110mH(14.45)
Joel Pocklington 1st Pole Vault(4.20m)
Adam Rabone 1st Triple Jump(14.44m)
Amila Perera 2nd Javelin(59.94m)
Lane Harrison 2nd 100m(10.84)
Chris Nicoll 3rd 100m(11.59) 3rd 200m(23.31)
Daniel Clark 3rd 1500m(3:59.81)

40+

David Ayers 3rd 800m(2:05.06)

WOMEN

Under 16

Alexandra Guemene 3rd Javelin(24.16)

Under 18

Jennifer Chan	1 st	Pole Vault(3.30m)		
Natalia Kremenchutsaya	2 nd	Triple Jump(11.42m)		
Harriet Hodgkinson	3 rd	1500m(5:10.4)		

Under 20

Georgia White	1 st	Pole Vault(2.80m)		
Veronica Kirby	2 nd	High Jump 1.69m	2 nd	Triple Jump(10.11m)

Under 23

Jacinta Lynn	1 st	Pole Vault(4.05m)		
Vivienne Lee	2 nd	400mH(68.62)	3 rd	100mH(17.26)
Heidi Riordan	3 rd	1500m(4:55.1)		