

Box Hill Athletic Club Summer News 03

INTERCLUB STARTS NEXT SATURDAY, NOVEMBER 11

Please see below for the schedule of dates and grounds that will be used for this years shield (interclub) competition.

In essence there will be six rounds before Christmas starting on the 11-Nov at Doncaster and then another six rounds followed by finals commencing on the 6-Jan.

Also please be aware that Box Hill will be required to field approximately 8 officials per week so if you have family or friends that can help out for only one or two rounds then please let us know as we would be most appreciative. If we don't get enough volunteers then the club will roster athletes to be responsible for providing an official for a designated shield round.

If you have any enquiries about shield competition, please contact

Rob Falkenberg
Robert.Falkenberg@se1.bp.com

or Chris O'Connor
coconnor@swin.edu.au

I look forward to seeing you all at Doncaster on the 11-Nov.

ARE YOU REGISTERED?

Make sure that you are registered for the start of the track season. If you have paid your registration fees but have not yet received your numbers, then they will be held for you until round 1 of Shield competition. If you do not already have your registration numbers for this season, pick them up at Doncaster, at round 1 of Shield competition or at Box Hill at round 2 of Shield competition.

COMPETITION PROGRAM

There have been some changes to the competition program.

Round 1 starts at 1:00pm with the 400m hurdles and the 3000m walk, followed by the 100m, 800m, 200m, 3000m, 4x400m and 1500m. The field events to be held will be the Discus, Javelin, Long Jump, Triple Jump and High Jump.

Check you summer competition handbook for details

CALENDAR FOR SUMMER SEASON CALENDAR 2006/7

Competition Dates		Venue
2006		
Saturday, November 11	Shield Round 1	Doncaster
Saturday, November 18	Shield Round 2	Box Hill
Saturday, November 25	Shield Round 3	Box Hill
Saturday, December 2	Shield Round 4	Nunawading

Monday, December 4	Zatopek 10k Lower Grades	Box Hill
Thursday, December 7	Miler's Club	Box Hill
Saturday, December 9	Shield Round 5	Doncaster
Saturday, December 16	Shield Round 6	Box Hill
2007		
Saturday, January 6	Shield Round 7 Premier League 1	Doncaster Coburg
Saturday, January 13	Shield Round 8 Premier League 2	Box Hill Box Hill
Thursday, January 18	Miler's Club	Box Hill
Tuesday, January 23	Shield Round 9 Premier League 3	Doncaster Knox
Tuesday, January 30	Miler's Club	Olympic Park
Saturday, February 3	Vic Youth & U23 Champs Open & U20 Relay Champs	Doncaster Doncaster
Sunday, February 4	Vic Youth & U23 Champs Open & U20 Relay Champs	Doncaster Doncaster
Friday, February 9	Premier League 4 Aust. U20 & U23 Champs	Olympic Park Hobart
Saturday, February 10	Interclub Round 10 Aust. U20 & U23 Champs	Nunawading Hobart
Sunday, February 11	Aust. U20 & U23 Champs Aust. Club Champs	Hobart Hobart
Friday, February 16	Interclub Round 11 Premier League 5	Olympic Park Olympic Park
Friday, February 23	Vic. Open & U20 Champs	Olympic Park
Saturday, February 24	Vic. Open & U20 Champs	Olympic Park
Sunday, February 25	Vic. Open & U20 Champs	Olympic Park
Friday, March 2	Premier League 6	Olympic Park
Tuesday, March 6	Interclub Round 12	Box Hill
Friday, March 9	Aust. Open Champs	Brisbane
Saturday, March 10	Aust. Open Champs	Brisbane

Sunday March 11	Aust. Open Champs	Brisbane
Saturday, March 17	All Comer's Meet	Doncaster
Saturday, March 24	Region Final	Nunawading
Saturday, March 31	Shield Final	Olympic Park
	Premier League Final	Olympic Park

MILERS CLUB

A number of Box Hill athletes performed well at the opening milers club competition of the season.

Men 800m

Navin Arunasalam 1:55.1
 Tim Cherry 2:01.4
 Matthew Taylor 2:18.9
 Danny Krause 2:20.1

Women 800m

Liz Dobson 2:27.7 PB
 Ollie Turnbull 2:29.4
 Suzanne Andrews 2:30.8 PB

Men 1500m

Daniel Clark 3:53.2
 Stephen Dineen 3:59.1
 Barry Lynch 3:59.6
 Stephen Kelly 4:00.5

Women 1500m

Kate Wall 4:45.0 PB
 Sarah Grahame 4:51.7
 Priscilla Barrington 5:31.0 PB

ALL SCHOOLS

The Victorian All Schools U12 to U16 events were held at Olympic Park last Saturday. Congratulations to all the athletes who took part, in particular the following medal winners

Girls 1500 Meter Race Walk U 14

1 RASELLI, CASSANDRA 7:15.6

Girls Discus Throw U 14

3 DYER, CHELSEA 24.95m

Girls Shot Put U 14

2 DYER, CHELSEA 9.39m

Girls Javelin Throw U 14

1 DYER, CHELSEA 34.19m

Girls Pole Vault U 16

2 CROSS, BREANNE 2.50m

3 MILNES, OLIVIA 2.50m

Boys Pole Vault U 14

3 CROSS, BRODIE 2.50m