

Box Hill Athletic Club Summer News 04

INTERCLUB STARTS THIS SATURDAY, NOVEMBER 11

Hope to see everyone at Doncaster this Saturday for the start of the 2006/7 Shield competition (see program below). If you are unable to compete please consider coming along to help out as an official.

The program is different to last year, with every event being held twice every three weeks.

COMPETITION PROGRAM

TRACK

TIME EVENT

1:00pm	200m Hurdles	M16/M14	F16, F14
1:00pm	3000m Walk	All Sections (except M14, F14)	
	1500m Walk	M14	F14
1:05pm	400m Hurdles	Open/M20/M18	Open, F20, F18
1:25pm	100m	Women All Sections	
1:40pm	800m	Men All Sections	
1:50pm	100m	Men All Sections	
2:20pm	800m	Women All Sections	
2:35pm	200m	Women All Sections	
2:45pm	3000m	Heat 1	
3:00pm	3000m	Heat 2	
3:05pm	200m	Men All Sections	
3:20pm	3000m	Heat 3	
3:55pm	4x400m Relay	Women All Sections	
4:15pm	4x400m Relay	Men All Sections	
4:40pm	1500m	Women All Sections	
5:00pm	1500m	Men All Sections	

FIELD

TIME	DISC	JAV	LJ	TJ	HJ
1:00pm	Men D3	W D1&2	M D1&2	Men D4	W1.30m
1:30pm	M16/F16	M20/F20	M18/F18	M/F14	MJunior1.40m
2:00pm	Men D4	Men D3	W D1&2	MD1&2	
2:30pm	M14/F14	M16/F16	M20/F20	M/F18	W1.05m
3:00pm	M D1&2	Men D4	Men D3	WD1&2	MJunior1.10m
3:30pm	M18/F18	M14/F14	M16/F16	M/F20	
4:00pm	W D1&2	Men D1&2	Men D4	M D3	MOpen1.60m
4:30pm	M20/F20	M18/F18	M14/F14	M/F16	MOpen1.40m

ARE YOU REGISTERED?

Make sure that you are registered for the start of the track season. If you have paid your registration but have not yet received your numbers, then they will be held for you at the track. 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.

UPCOMING EVENTS

Saturday, November 11	Shield Round 1	Doncaster
Saturday, November 18	Shield Round 2	Box Hill
Saturday, November 25	Shield Round 3	Box Hill

CONGRATULATIONS

Congratulations to Andrew White who won the Arthur's Seat Challenge, a tough 6.7km run from Rosebud to the top of Arthur's Seat, last Sunday. Kate Wall also ran extremely well to finish 4th in the women's race.