

Box Hill Athletic Club Summer News 03
Monday 13 October 2008

UPCOMING EVENTS

Saturday, Oct 18	Shield Competition Round 1, Nunawading
Saturday, Oct 25	Shield Competition Round 2, Box Hill
Thursday, Oct 30	Shield Competition Round 3, Doncaster
Wed, Nov. 5	Miler's Club at Box Hill
Wed, Nov. 5	Rare Air Club (HJ and PV) at Box Hill
Wed, Nov. 5	High Velocity Club at Aberfeldie
Nov. 7,8,9	All Schools Championships, Olympic Park

INTERCLUB SHIELD COMPETITION STARTS THIS SATURDAY

The 2008/2009 track and field season starts this Saturday, October 18, at the Nunawading track (Bill Sewart Aths Track, East Burwood).

We hope that we can get the season off to a good start with as many athletes as possible taking part this weekend.

This week we have Program 1,
The Program is now on the AV website (www.athsvic.org.au)

1:00pm 200m hurdles
1:10pm 400m hurdles
1:25pm 200m women
1:35pm 800m women
1:50pm 200m men
1:55pm 800m men
2:35pm 100m women
2:45pm steeplechase (high barriers)
3:05pm 100m men
3:05pm steeplechase (low barriers)
3:55pm 4x400m women
4:15pm 4x400m men

There is also a high jump, long jump, discus, shot put and javelin, with long jump starting at 12:45 for the 5.70m+ jumpers

This Saturday every athletes should pick up an Athletics Victoria Summer Competition Handbook that has all the program details. If you have any questions about this Saturday's competition, please let us know and we will answer your queries as soon as possible.

TRACK OPENING COMPETITION

A good number of athletes competed in windy conditions in races held in conjunction with the official opening of our redeveloped track last Saturday.

Event 100m
Pocklington, Joel 11.40
Schneider, Danny 11.70
Johnson, Marcus 11.90
Baker, Cam 12.02
Cross, Braeden 12.10
Pocklington, Colin 12.70
Cross, Brodie 12.71
Parkinson, Josh 12.80
Sudholz, Bronwyn 12.80
Spathis, Dora 12.90

Cross Breane	13.30
Kremenchutskaya, Natalia	13.43
Poon Hornett, Kim	13.70
Pocklington, Alex	13.78
Houston, Katherine	13.95
Carabourniotis, Yiota	14.11

Event 200m

Arunasalam, Navin	23.61
Johnson, Marcus	23.93
Pocklington, Joel	24.13
Cross, Braeden	24.49
Parkinson, Josh	25.79
Pocklington, Colin	26.74
Sudholz, Bronwyn	26.55
Spathis, Dora	26.80
Cross, Breanne	27.56
Kremenchutskaya, Natalie	28.15
Pocklington, Alex	28.71
Poon Hornett, Kimberley	29.21
Houston, Katherine	29.26
Carabourniotis, Yiota	29.58

Event Long Jump

Kremenchutskaya, Natalie	4.58
Spathis, Theodora	5.61

Event 800m

Martin-Alcaide, Kyle	2:01.96
Chefnaoui, Bouchaib	2:02.92
Balassone, Daniel	2:02.74
Scheidner, Danny	2:03.36
Cleland, Coreena	2:25.19

Event 3000m

Dineen, Stephen	8:26.76
Clark, Daniel	8:43.47
Kelly, Steve	8:47.78
Ayres, David	9:56.80
Featherston, David	10:14.32

MELBOURNE MARATHON

Congratulations to the many Box Hill athletes that took part in the Melbourne marathon, half marathon or 10km event last Sunday. The warm, windy conditions were far from ideal, and yet many runners performed exceptionally well. Special mention to Nikki Chapple who finished 2nd in the women's half marathon in a time of 76:34

HELPING IS EASY!

You do not need any special expertise to help out with officiating on competition days, but the smooth running of our sport depends on volunteers helping out. If you can help with officiating this Saturday, please contact Chris O'Connor. The club is also required to supply officials throughout the summer Shield Competition season. See the information below.

CLUB OFFICIALS DUTY ROSTER - SHIELD COMPETITION

Due to the dwindling number of officials who volunteer to officiate each Saturday afternoon at Shield competition, Athletics Victoria has implemented a duty roster for each club to undertake a certain number of set duties during Shield competition for the coming season. The duties will vary slightly from week to week and we only need to provide officials/helpers on 9 out of the 12 rounds of

competition, however there will be heavy penalties for not providing enough helpers when required so it is critical that we comply with our requirements.

We are required to provide helpers on the following dates (the number of helpers required is listed in brackets): 18/10/2008 - Nunawading (4) 25/10/2008 - Box Hill (8) 30/10/2008 - Doncaster (4) 22/11/2008 - Doncaster (4) 29/11/2008 - Box Hill (8) 13/12/2008 - Doncaster (4) 10/1/2009 - Box Hill (8) 17/1/2009 - Nunawading (4) 31/1/2009 - Box Hill (8)

Each member will be asked to help with officiating themselves (or providing a friend or family member to officiate on their behalf) on one occasion throughout the season, so if you would like to volunteer your services on a particular date that suits before another date is allocated to you, please contact Chris O'Connor or Graeme Olden (email - golden@sprint.net.au).

Note that you do not have to have any particular expertise to assist - there will be officials there to show you what to do. You just need to provide a few hours of your time.

ARE YOU REGISTERED?

With the track season opening this Saturday, there are still many athletes who have not paid their registration fees for this season. We urge everyone who intends to compete this summer to register as soon as possible, so that you can earn points in interclub competition.

SUMMER COMPETITION RULES

Interclub competition can sometimes be a confusing experience for new comers. Even experienced club members can find the rules confusing especially when they seem to change every year! If you have any questions at all please ask via email and we will answer your questions as soon as possible. There have been changes to the rules about which athletes are qualified to do which events in the finals.

Men's team manager, Rob Falkenberg explains the new rules below

Dear athlete,

In accordance with the new qualifying rules for Shield finals, athletes must now do the event/s they wish to compete in the finals at least 50% of the time that the event is on offer during the shield competition. Seeing as this is vastly different to previous seasons and will affect multi-event and late starters, I strongly suggest that athletes do as many "finals" events (events that will be contested in the finals) as possible in the early rounds. This may mean just doing them as a training performance. That is, do it, don't bust your guts early. This way you can knock off the required qualifying events early and then come on strong at the end of the year.

Athletes that leave their registration till late then think they can catch up may well miss out.

The old rule of doing your finals event only once in the preliminary rounds is NO LONGER valid.

I strongly suggest that you look at program 2 (finals program) to work out which event/s you must do 50% of the time that it is held. (All rounds 1,2 & 3).

I have listed the required number of times each event will need to be done for finals qualification.

u18/20/open 2000m walk	4 times (combined with 3k walk)
u14/16 2000m walk	4 times (combined with 1500m walk)
200m	4 times
1500m	3 times
All sprint hurdles	3 times
4x 100m relay	(must do four 100m individual runs)
400m	4 times
u14/16/18 3000m	4 times
u20/open 5000m	4 times (combined with 3k on program 3)

Hammer 4 times

Triple 3 times

Discus 4 times

Shot 4 times

Pole V 4 times

Rob Falkenberg

WELL DONE DORA

Congratulations to Theodora Spathis who won the heptathlon at the Magpie Multi's event at Collingwood last week.

PENS FOR SALE

For just \$2 you can purchase a Box Hill Athletic Club pen!
See Chris O'Connor to get yours now.