

**Box Hill Athletic Club Summer News 01**  
**Monday 28 September 2009**

## **UPCOMING EVENTS**

Saturday, October 3 Working Bee at the track  
Tuesday, October 6 Track season launch and information night.  
Saturday, October 10 Shield Rd.1 Ringwood  
Saturday, October 17 Shield Rd.2 Box Hill

The new track season is upon us! We encourage all members to help out at the working bee, come along to the season launch and, of course, compete on the first day of interclub (shield) competition on October 10.

## **WORKING BEE SATURDAY 3 OCTOBER**

To prepare the track and equipment for the start of the new track season, the Club is holding a working bee on Saturday 3rd October from 12:00 noon until 4:00 pm.  
It is important that we have as many people as possible helping out so that we can complete all of the items on the list even if you can only assist for an hour.  
Food and refreshments will be available for those who assist.

## **SEASON LAUNCH, TUESDAY OCTOBER 6**

All members are invited to attend an evening at the clubrooms, from 7:00pm on Tuesday, October 6. This is a chance to give all members, and new members in particular, information about the 2009/2010 track and field season. Meet the team managers and club committee and collect the club information handbook.

Food will be provided so come to the clubrooms at 7:00pm or stay after training and let's get the new season off to a great start.

## **TRACK SEASON STARTS ON SATURDAY WEEK!**

The 2009/2010 interclub track and field season starts in less than 2 weeks, with the opening round of Shield competition at Ringwood on Saturday, October 10. So if you are not already fit, time is running out to get into shape for this season! We also have quite a number of athletes who have not yet registered. Don't miss out on scoring points for the club because your registration has not come through! If you have not already registered for the 2009/2010 season send in your registration forms today!

The registration forms (Box Hill registration and AV registration) are available at [www.boxhillathleticclub.org](http://www.boxhillathleticclub.org)

## **CLUB RECORDS**

The club record boards at the track as well as those on our web page have recently been up-dated, so please check them out:

<http://www.boxhillathleticclub.org/records.htm>

With changes to things like javelin specifications, quite a few of the junior records are vacant. Lets hope that by the end of the season there are names against all of the records.

If any records are broken please let Mark Stewart know: [mark.stewart@rmit.edu.au](mailto:mark.stewart@rmit.edu.au)

## **XCR'09 PRESENTATION DAY**

At 2:00pm on Sunday, October 25 a presentation day will be held at Olympic Park, Backstage Club to celebrate the Individuals and Teams who have won their Divisions or Age Groups in the XCR'09 series.

A number of special guests will be on hand to present the trophies and pennants, plus we will once again feature a highlights package of the season put together by the AthsvicTV crew.

Light refreshments and food will be served. Could all those wishing to attend let Chris O'Connor know (via email) as soon as possible so that we can confirm numbers with Athletics Victoria.