

**Box Hill Athletic Club Summer News 14**  
**Monday 4 January 2010**

**UPCOMING EVENTS**

Saturday, January 16, Shield Round 10, Box Hill  
Thursday, January 21, Shield Round 11, Nunawading  
Saturday, January 30, Shield Round 12, Doncaster  
Thursday February 4, Throwers Club, Doncaster  
Saturday, February 6, Shield Region Final, Box Hill  
Saturday, February 13, AV Shield Final, Doncaster

**ROUND 10 OF SHIELD COMPETITION AT BOX HILL ON SATURDAY JANUARY 16**

The next round of shield competition will be held at Box Hill on Saturday evening, January 16, with field events commencing at 4:30pm and track events at 5:00pm. The 3000m starts at 5.20pm. 5000m at 5.35pm.

Please note the change of time and date. (This round was originally scheduled for the Thursday night)

The finals are only a few weeks away and it is important that we have lots of athletes competing in the last 3 rounds before the finals, so please make an effort to be there on January 16 to compete for the club.

We hope that everyone had a great Christmas and a happy new year and has kept fit and healthy over the break.

See you at the track on January 16.