

Box Hill Athletic Club Summer Bulletin 2010 - 2011 No. 11
Monday 6 December 2010

UPCOMING EVENTS

Tuesday, December 7, Completion of Round 4

Thursday, December 9, Zatopek Meet

Saturday, December 11, Shield Competition, Round 8 - Doncaster

Thursday, December 16, High Velocity Club - Box Hill

Saturday, December 18, Shield Competition, Round 9 - Box Hill

Sunday, December 19, AV Throwers - Ringwood

COMPLETION OF ROUNDS 4 AND 7 TOMORROW NIGHT AT DONCASTER

Rounds 4 and 7 of shield competition were not completed due to the weather.

Events will be held on Tuesday night at Doncaster to complete the events that were cancelled in earlier rounds.

It is important that we get as many athletes as possible competing in these events.

The program is as follows:

Track

7:00pm 400m - Men Only (Round 7)

7:40pm 3000m - U14/U16/U18 (Round 4)

7:55pm 5000m - Open/U20 (Round 4)

8:40pm Women 4x400m (Round 4)

9:00pm Men4x400m(Round 4)

Field

High Jump (Round 4)

6:45pm Resume 1.60m+

7:15pm 1.45m - 1.70m

8:00pm 1.35m - 1.60m

Pole Vault (Round 4)

7:00pm Resume 1.80m+

Long Jump (Round 4)

6:45pm Resume 3.50m - 4.75m

7:15pm <3.70m

7:45pm 4.00m5.25m

8:15pm All

Triple Jump (round 7) (follows Long Jump)

8:45pm <7.00m

9:15pm All

Javelin (Round 7)

7:00pm 18.00m - 28.00m

7:30pm 13.00m - 20.00m

Shot Put (Round 4) (follows Javelin)

8:15pm Resume <7.00m

8:45pm 9.00m11.00m

NOTE:

1. Only athletes registered at the time each round was originally scheduled (ie. 30/10 for Round 4 and 27/11 for Round 7) may compete in the events for the specific round.
2. Athletes who had already completed an event can not compete in that same event again.
3. Field competitors who could not complete their heat (still had outstanding attempts) could choose to resume, or let their current result stand. Only those recorded on the sheet could resume the heat in progress.
4. Completed events would not be conducted again (of course)
5. For HJ and PV, an agreed "warmup" procedure be adopted to progress to resumption height (at which abandonment took place). e.g.competitors can simulate previous 1 or 2 attempts before formal

competition resumes.

6. No invitations.

7. No extra attempts

8. Event will start earlier than advertised time if preceding event is finished.

ROUND 8 OF SHIELD COMPETITION AT DONCASTER ON SATURDAY

Track events:

1:00pm: 3000/1500m walk, 200m Hurdles

1:15pm: 400m Hurdles

1:30pm: 200m Men

2:10pm: 200m Women, 800m Men

2:50pm: 800m Women

3:10pm: 4x400m Men

3:50pm: 4x400m Women

4:15pm: 3000m

4:30pm: 5000m

Field events start at 12:00pm (Hammer), 12:30pm (Long Jump) or 1:00pm (Shot Put, High Jump, Pole Vault)

CONGRATULATIONS TO NATIONAL CHAMPIONS!

Congratulations to all the Box Hill athletes who are competed in the national all schools championships at Doncaster last weekend. In particular Sarah Ferrier who won the U16 Long Jump and Triple Jump, Nick Paidoussis who won the U14 1500m, Paris McCathrion won the U16 pole vault, Rebecca Marchant won the U18 pole vault, Nathan Brill who finished 2nd in the U16 3000m walk, Brodie Cross who was 2nd in the U18 pole vault, Chelsea Dyer 3rd in the U18 javelin,