

Box Hill Athletic Club Summer Bulletin 2010 - 2011 No. 14

Monday 5 January 2011

UPCOMING EVENTS

Thursday, January 6, Rare Air Club - Melbourne Uni
Saturday, January 8, Shield Competition, Round 10 - Ringwood
Saturday, January 15, Shield Competition, Round 11 - Doncaster
Sunday, January 16, High Velocity Club - Geelong
Tuesday, January 18, Milers Club - Nunawading
Saturday, January 29, Shield Competition, Round 12 - Nunawading
Saturday, January 29, Rare Air Club - Melbourne Uni
Sunday, January 30, AV Throwers - Geelong

ROUND 10 OF SHIELD COMPETITION AT RINGWOOD ON THIS SATURDAY JANUARY 8 - TWILIGHT MEET

Shield competition resumes this Saturday, with a twilight meet at Ringwood.

It is essential that we get a good turn up of competitors this week, so please make every effort to be there.

Track competition starts at 4:00pm, with the last event scheduled for 7:15pm.

the field events to be held will be the Hammer (starts 3:00pm), Long Jump (from 3:30pm), Shot Put (from 4:00pm) and High Jump (from 4:00pm).

Track events:

4:00pm: Walk, 200m Hurdles
4:15pm: 400m Hurdles
4:30pm: 200m Men
5:10pm: 200m Women, 800m Men
5:50pm: 800m Women
6:10pm: 4x400m Men
6:50pm: 4x400m Women
7:15pm: 3000m

FINALS ONLY A MONTH AWAY

The Shield competition finals will be held on Saturday, February 12. Please make sure that you are available to compete on this day, if you are required. To compete in the finals, you must have competed in at least 3 rounds of competition and have done the event you wish to do in the finals at least once before in the regular season.