

Box Hill Athletic Club Summer Bulletin 2010 - 2011 No. 15
Thursday 13 January 2011

UPCOMING EVENTS

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 11 OF SHIELD COMPETITION AT DONCASTER ON THIS SATURDAY JANUARY 15 - TWILIGHT MEET

Round 11 of Shield competition will be held this Saturday, with a twilight meet at Doncaster. 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 7:20pm.

The field events to be held will be the Discus, Triple Jump (start 3:30pm), Javelin and Pole Vault (from 3:45pm).

Track events:

4:00pm: Walk, Hurdles
4:20pm: Steeple Open and U18 Men
4:40pm: Steeple Women, 40+ and U16 Men
4:45pm: 100m Women
5:15pm: 100m Men
5:20pm: 1500m Women
5:40pm: 1500m Men
6:25pm: Relay Women
7:00pm: 400m Women
7:20pm: 400m Men

This is the same program that will be used for the finals, it is essential that we fill all events in the finals and you cannot do an event in the finals that you have not done throughout the season. So this is a chance for people to try several events. Perhaps have a go at the walk, Hurdles, Triple Jump or Steeplechase?

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.

RESULTS

Results from round 10 have been held over till next week.