

Box Hill Athletic Club Summer News 15
Tuesday 12 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 THIS SATURDAY JANUARY 16

Round 10 of shield competition will be held at Box Hill this Saturday evening using program 2. The field events commence at 4:30pm (Javelin, Discus, Triple Jump, Pole Vault) and the track events starting at 5:00pm (Hurdles, Walk, 3000/5000m, 100m, 1500m, 4x100m, 400m). Note that the junior 3000m race starts at 5:20pm and the open 5000m starts at 5:35pm). With only 3 rounds until the shield finals, we hope to see as many members as possible competing this Saturday.