

Box Hill Athletic Club Summer Bulletin 2011 - 2012 No. 08
Tuesday 22 November 2011

UPCOMING EVENTS

Thursday, November 24, Victorian 5km Championships, Albert Park

Saturday, November 26, Shield Competition Round 6, Box Hill

Sunday, November 27, Victorian Relay Championships, Albert Park

Sunday November 27, Athletics Victoria Throwers, Ringwood

Saturday, December 3, Shield Competition Round 7, Doncaster

Thursday, December 8, Shield Competition Round 8, Albert Park

Saturday, December 10, Zatopek:10 meeting, Albert Park

NEXT ROUND OF SHIELD COMPETITION AT BOX HILL ON THIS SATURDAY

Round 6 of Shield competition will be held at Box Hill this Saturday, November 26.

After the disappointment of a washout in round 5, we are hoping for a big turn out of athletes for round 6 at our home track.

Track events start with the sprint hurdles at 1:00pm, followed by the 3000m, 100m, the walk, 1500m, 4x100m relay and the 400m. Field events start at 12:30pm with Discus, Long jump, Pole Vault and Javelin.

See the attached timetable.

Please report to your team manager before you compete so that we know who will be competing in each event.

YOUR CLUB NEEDS YOU!

This Saturday Shield competition will be held at Box Hill. To ensure the efficient running of the program we need some volunteers, in particular to help set up from 11:00am and also some helpers to pack away equipment at the end of competition. If you can help, or if you have time to assist in the canteen, please let us know.

NEW EQUIPMENT IN THE GYM

The committee have purchased a Lifting Platform and set of Iron Edge bumper plates (25kg, 20kg, 15kg 10kg x2) to improve our power lifting facilities in the gymnasium.

This equipment was very expensive and we expect all members to take care when using this equipment to ensure it stays in good, usable condition.

The only weights to be used on this platform are the new Iron Edge branded weights. These are a rubber plate designed to be dropped onto a rubberised surface. Dropping steel plates onto the platform will damage the wood and split the rubber, and dropping the new plates on the gym's hard floor will significantly shorten the life of the plates. So please ensure the new plates are only used on the new lifting platform. If you have not used this equipment before and would like to, please ask one of the regular gym users for assistance and I am sure they would be happy to talk you through it.

RELAY CHAMPIONSHIPS

The state relay championships will be held at Albert Park on Sunday, November 27 for Open, Under 18, Under 16 and Under 14 age groups. 4x100m, 4x400m, 4x800m and a medley relay will be contested in most age groups. Please let us know if you are available to compete in these relays. Teams will be finalised over the next few days.

INDIGENOUS PLANTS FOR FREE

David Ayers is offering a range of indigenous plants, free to a good home!

See the attached Word document for details.

SCHOOL ATHLETICS CARNIVALS

Could all members please note that the track will be unavailable for training at the following times, due to school bookings. We hope that this does not inconvenience too many members.

Thursday 24th November, 4pm - 7pm