

## BOX HILL LITTLE ATHLETIC CENTRE CALENDAR

### 2009

Sat	5	September	Registration Day 2 — 4pm	Hagenauer Reserve
Sat	3	October	Program A	Hagenauer Reserve
Sat	10	October	Program B	Hagenauer Reserve
Sat	17	October	Program C (Bring a Friend day)	Hagenauer Reserve
Sat	24	October	Program D	Hagenauer Reserve
<b>Sun</b>	<b>25</b>	<b>October</b>	<b>BHLAC Relay Day 7am-6pm</b>	<b>Hagenauer Reserve</b>
Fri	30	October	<b>(Twilight)</b> Program F	Hagenauer Reserve
Sat	7	November	Program E	Hagenauer Reserve
Sat	14	November	Program A	Hagenauer Reserve
<i>Sun</i>	<i>15</i>	<i>November</i>	<i>EMR Region Relays</i>	<i>Doncaster</i>
<i>Sat</i>	<i>21</i>	<i>November</i>	<i>Program B</i>	<i>Hagenauer Reserve</i>
<i>Sat</i>	<i>28</i>	<i>November</i>	<i>Decathlon/Heptathlon Day 1</i>	<i>Hagenauer Reserve</i>
<i>Sat</i>	<i>5</i>	<i>December</i>	<i>Decathlon/Heptathlon Day 2</i>	<i>Hagenauer Reserve</i>
Sat	12	December	Program C	Hagenauer Reserve
<i>Sun</i>	<i>13</i>	<i>December</i>	<i>State Relay Championships</i>	<i>Olympic Park</i>
Sat	19	December	Handicap Day / Santa	Hagenauer Reserve

### 2010

Fri	22	January	<b>(Twilight)</b> Program F	Hagenauer Reserve
Sat	30	January	Program D	Hagenauer Reserve
<i>Sat</i>	<i>30</i>	<i>January</i>	<i>State Multi's</i>	<i>Bendigo</i>
<i>Sun</i>	<i>31</i>	<i>January</i>	<i>State Multi's</i>	<i>Bendigo</i>
Sat	6	February	Program E	Hagenauer Reserve
Sat	13	February	Program A	Hagenauer Reserve
<i>Sat/Sun20/21</i>	<i>February</i>	<i>February</i>	<i>Region Track &amp; Field</i>	<i>Knox</i>
Sat	27	February	Program B	Hagenauer Reserve
Fri	5	March	<b>(Twilight)</b> Program F	Hagenauer Reserve
Sat	13	March	Program D	Hagenauer Reserve
<i>Sat/Sun20/21</i>	<i>March</i>	<i>March</i>	<i>State T &amp; F Championships</i>	<i>Olympic Park</i>
<b>Fri</b>	<b>26</b>	<b>March</b>	<b>AGM &amp; Presentation</b>	<b>Mont Albert Primary</b>

## 2009 – 2010

The **BHLAC** calendar comprises **Programs A – F** inclusive  
with each containing 5 specific events that are undertaken as part of the schedule.

**DIS:** Discus   **H:** Hurdles   **HJ:** High Jump   **JAV:** Javelin   **LJ:** Long Jump   **SP:** Shot Put   **TJ:** Triple Jump   **SE:** Supplementary Event

Program											
Program A (3 Oct., 14 Nov., 13 Feb.)						Program D (24 Oct., 30 Jan., 13 Mar.)					
* JAV (U11-U12) 300mH (U13-U15)						* JAV (U11-U12) 300mH (U13-U15)					
<b>U6-7</b>	100m	ST	St	SP	LJ	100m	ST	ST	SP	LJ	<b>U6-7</b>
<b>U8</b>	70m	100m	60m H	SP	ST	70m	100m	60m H	SP	ST	<b>U8</b>
<b>U9</b>	70m	800m	60m H	DIS	HJ	70m	800m	60m H	SP	HJ	<b>U9</b>
<b>U10</b>	100m	800m	60m H	DIS	TJ	70m	800m	60m H	SP	TJ	<b>U10</b>
<b>U11</b>	100m	800m	60m H	SP	TJ	70m	800m	60m H	DIS	TJ	<b>U11</b>
<b>U12</b>	100	800m	60m H	SP	Jav HJ	200m	800m	60m H	DIS	JAV / HJ	<b>U12</b>
<b>U13-15</b>	100	800m	80-100m H	DIS	LJ / 300m H	200m	800m	80-100m H	DIS	LJ / 300m H	<b>U13-15</b>
Program B (10 Oct., 21 Nov., 27 Feb.)						Program E (7 Nov., 6 Feb.)					
* JAV (U13-U15)						* JAV (U13-15)					
<b>U6-7</b>	70m	200m	ST	DIS	ST	70m	200m	ST	DIS	ST	<b>U6-7</b>
<b>U8</b>	100m	200m	ST	DIS	LJ	100m	200m	ST	SP	LJ	<b>U8</b>
<b>U9</b>	70m	100m	200m	SP	TJ	70m	100m	200m	DIS	TJ	<b>U9</b>
<b>U10</b>	70m	200m	1100m	SP	LJ	70m	200m	1100m	DIS	LJ	<b>U10</b>
<b>U11</b>	70m	200m	1500m	DIS	HJ	70m	200m	1500m	SP	HJ	<b>U11</b>
<b>U12</b>	70m	200m	1500m	DIS	LJ	70m	200m	1500m	SP	LJ	<b>U12</b>
<b>U13-15</b>	70m	200m	1500m	SP	JAV TJ	70m	200m	1500m	SP	JAV / TJ	<b>U13-15</b>
Program C (17 Oct., 12 Dec.)						Program F (30 Oct., 22 Jan., 5 Mar.)					
* Walks (see p9)						* Walks (see p9)					
<b>U6-7</b>	70m	300m	ST	SP	ST	70m	300m	ST	SP	ST	<b>U6-7</b>
<b>U8</b>	70m	400m	ST	DIS	LJ	70m	400m	ST	DIS	LJ	<b>U8</b>
<b>U9</b>	100m	400m	80m H	DIS	LJ	100m	400m	80m H	SP	LJ	<b>U9</b>
<b>U10</b>	100m	400m	80m H	DIS	HJ	100m	400m	80m H	SP	HJ	<b>U10</b>
<b>U11</b>	100m	400m	80m H	SP	LJ	100m	400m	80m H	DIS	LJ	<b>U11</b>
<b>U12</b>	100m	400m	80m H	SP	TJ	100m	400m	80m H	DIS	TJ	<b>U12</b>
<b>U13-15</b>	100m	400m	SP	LJ	HJ	100m	400m	DIS	800m	HJ	<b>U13-15</b>

\* Events scheduled before normal start time

## 2009 - 2010

Over a two week period we also conduct an **Heptathlon** and **Decathlon** with the events summarized below.

### Heptathlon Program Nov. 28 & Dec. 5

Day 1	GIRLS				BOYS		
<b>Under 6</b>	100	200	60m H	DIS	70	LJ	SP
<b>Under 7</b>	100	200	60m H	DIS	70	LJ	SP
<b>Under 8</b>	100	200	60m H	DIS	70	LJ	SP
Day 2	GIRLS			BOYS			
<b>Under 6</b>	70	LJ	SP	100	200	60 H	DIS
<b>Under 7</b>	70	LJ	SP	100	200	60 H	DIS
<b>Under 8</b>	70	LJ	SP	100	200	60 H	DIS

### Decathlon Program Nov. 28 & Dec. 5

Day 1	GIRLS					BOYS				
<b>Under 9</b>	100	800	60m H	DIS	LJ	70	200	400	SP	TJ
<b>Under 10</b>	100	800	60m H	DIS	LJ	70	200	400	SP	TJ
<b>Under 11</b>	100	800	60m H	DIS	LJ	70	200	400	SP	TJ
<b>Under 12</b>	100	800	60m H	DIS	LJ	70	200	400	SP	TJ
<b>Under 13</b>	100	800	80m H	DIS	LJ	70	200	400	SP	TJ
<b>Under 14</b>	100	800	80m H	DIS	LJ	70	200	400	SP	TJ
<b>Under 15</b>	100	800	90m H	DIS	LJ	70	200	400	SP	TJ
Day 2	GIRLS					BOYS				
<b>Under 9</b>	70	200	400	SP	TJ	100	800	60m H	DIS	LJ
<b>Under 10</b>	70	200	400	SP	TJ	100	800	60m H	DIS	LJ
<b>Under 11</b>	70	200	400	SP	TJ	100	800	60m H	DIS	LJ
<b>Under 12</b>	70	200	400	SP	TJ	100	800	60m H	DIS	LJ
<b>Under 13</b>	70	200	400	SP	TJ	100	800	80m H	DIS	LJ
<b>Under 14</b>	70	200	400	SP	TJ	100	800	90m H	DIS	LJ
<b>Under 15</b>	70	200	400	SP	TJ	100	800	100m H	DIS	LJ