



No. 5/2009-10

Saturday, December 12, 2009

**DIARY DATES:**

*Saturday, December 12*

*Sunday, December 13*

*Saturday, December 19*

*Friday, January 22*

*Sunday, January 16*

*Saturday, January 30*

*Sat/Sun, Jan 30/31*

*Saturday, February 20*

*Sat/Sun, February 20/21*

*Sat/Sun, March 20/21*

*Little Aths – Programme C*

*State Relay Championships (Olympic Park)*

*Handicap/Fun Day with a visit from Santa*

*Twilight Programme F*

*Geelong LAC Open Day*

*Little Aths – Programme D*

*State Multi-Event (Bendigo)*

***NO LITTLE ATHS AT BOX HILL BECAUSE OF REGION CHAMPS***

*Region Track & Field Championships, Knox*

*State Track & Field Championships*

**HANDICAP/FUN DAY** - Next Saturday, December 19 will be a handicap/fun day at little aths where athletes are seeded according to their PB's, a bit like the Melbourne Cup !. This gives many athletes the opportunity to win ribbons who may not normally be able to do so. There will also be a visit from the Big Man in a Big Red Suit!!

**NEW REGULATIONS** - Following a review of health and safety aspects, and other serious matters, it is noted that the inside of the arena is now **OUT OF BOUNDS** for all parents and children, other than age group managers, officials and athletes accompanied by their age group manager.

There is also an exclusion zone around the long/triple jump pits that will be clearly marked where only competing athletes and officials will be allowed within that exclusion zone.

It is unfortunate that this new edict has been placed upon the BHLAC as it is a further burden on the committee who are those required to enforce adherence.

Your co-operation with these new requirements is mandatory whereupon VLAA have instructed the BHLAC to view seriously and report any flagrant disregard to these new requirements. Accordingly these new requirements must be communicated to all athletes and parents.

**STATE RELAY CHAMPIONSHIPS** - Good luck to all our athletes competing at State Relay Champs tomorrow.

**REGIONAL TRACK & FIELD CHAMPIONSHIPS** - Entries are now due for 2010 Regional Track & Field Championships.

Regional Track and Field Championships will be held on February 20 and 21, 2010 at Knox Athletics Track. Box Hill athletes in the U9-U15 age groups who have competed in at least half of the available meets since registering are eligible to compete in the VLAA Region and State T&F Champs. If you have difficulty in meeting this criteria due to injury or a particular circumstance you must present in writing the reasons for not attaining the minimum requirement. A request for consideration must be submitted to our team manager, Scilla Dinnison.

Full information can be found on page 26 of the BHLAC Handbook. For further information and advice on selection of events please talk to either Scilla Dinnison or another Committee member at the front desk. All athletes can compete in up to 4 events with athletes finishing 1st or 2nd automatically qualifying for State Championships. Many other athletes may also progress to State Champs subject to their performance at the Regional T&F event.

The State Track & Field time-table can be found on the VLAA website - [www.vlaa.com.au](http://www.vlaa.com.au)

Entries need to be completed on the Region/State Track & Field Entry Form - either attached or found on page 27 of the handbook. Additional copies of the entry form are also available from the front desk. Entries need to be handed into the front desk by **Saturday, December 19** or sent to Scilla Dinnison at 57 Glyndon Road, Camberwell 3124 before December 31, 2009. No phone or e-mail entries will be taken and only entries on the correct form will be accepted. You will have the opportunity to change your choice of events at a later time, but all entries must be received by Scilla prior to these dates. Any problems with this, please give Scilla a call on 9889 4451 or 0411 157 420.


Please note that ALL families with a competing child will be asked to complete a compulsory duty of up to half a day at Region and/or State. Families with 2 or more children competing may be required to undertake an additional duty.

If you are not prepared to give this commitment and/or are not available on those dates, please do not enter your child as it is not possible to run the championships without the support of ALL families as we are allocated by EMR and VLAA non-negotiable duties according to the number BHLAC registered entries.

If you have not fulfilled your responsibilities on our regular Saturday morning meets or at previous Region or State events, you may also be asked to do additional duties.

**STATE MULTI CHAMPIONSHIPS** - If you wish to enter State Multi's Championships, to be held in Bendigo on the weekend of January 30 & 31, you will need to enter on-line via [www.vlaa.com.au](http://www.vlaa.com.au) and follow the prompts for Multi Champs.

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