



No. 6/2009-10

Saturday, December 19, 2009

**DIARY DATES:**

*Saturday, December 19*

*Saturday, January 16*

*Friday, January 22*

*Saturday, January 30*

*Sat/Sun, Jan 30/31*

*Saturday, February 20*

*Sat/Sun, February 20/21*

*Sat/Sun, March 20/21*

*Handicap/Fun Day with a visit from Santa*

*Senior Aths 'Come & Try Day' (twilight meet 5pm)*

*Twilight Programme F*

*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** - This Saturday, December 19 is our annual 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 and let their talents shine for all to see. There will also be a visit from the Big Man in a Big Red Suit!!

**NEW REGULATIONS** - We continue to remind all about new regulations imposed on the BHLAC by VLAA after a review of health and safety aspects, and other serious matters. Remember 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 is 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. Therefore if you are instructed to leave an area, please do not take offence and promptly comply with the Official's direction. Centre Executive and Committee plus the Age Group Managers are those with authority to give such direction and instruction

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.

**SENIOR ATHLETICS** - "Come and try Seniors athletics" for a day. We would love little athletes (U13-U15's) to join our Club, and see this day as an introduction to the "ins and outs" of Seniors. Upon arriving at the track report to the Box Hill table (near the First Aid/Recording room), where we will "buddy you up" with a Senior Athlete (from the U16's or U18's) who will explain how Seniors works, and take you from event to event.

**Date: Saturday 16th January Time: 5.00pm (twilight meet) concluding about 9.00pm.**

You can just compete in one or more events, and do not have to stay until the end of the program unless you wish. Events that evening include 100m, 400m, 1500m, 4x100m Relay, Javelin, Discus and Triple jump. There is no cost to you and we hope you can make it

Any enquiry's to **Barbara Johnson 9842 5654** from the BHAC.

**STATE RELAY CHAMPIONSHIPS** - Well done to all who competed at State Relay last Sunday. The results below are those obtained from VLAA and it has been drawn to our attention that atleast one of them is incorrect. If any of you spot any other errors, please contact the BHLAC through our email address on the BHLAC website.

Those that qualified for finals and their placing are:-

Age		Event	Place	Time	Age		Event	Place	Time
<b>U9</b>	Mixed	4 x 100m	7 <sup>th</sup>	1:06.45	<b>U12</b>	Girls	4 x 100	3 <sup>rd</sup>	54.86
	Boys	4 x 100m	3 <sup>rd</sup>	1:03.05	<b>A</b>	Girls	4 x 200	2 <sup>nd</sup>	1:58.53
	Girls	4 x 100m	4 <sup>th</sup>	1:06.20	<b>B</b>	Girls	4 x 200	8 <sup>th</sup>	2:07.27
	Girls	4 x 200	3 <sup>rd</sup>	2:25.36		Girls	Medley	1 <sup>st</sup>	2:00.67
<b>9 - 12</b>	Girls	Medley	5 <sup>th</sup>	2:11.98	<b>13 - 15</b>	Girls	Medley	3 <sup>rd</sup>	1:56.54
<b>U10</b>	Girls	4 x 100	1 <sup>st</sup>	1:00.28	<b>U13</b>	Girls	4 x 100	8 <sup>th</sup>	56.26
	Girls	4 x 200	1 <sup>st</sup>	2:08.27		Girls	4 x 200	6 <sup>th</sup>	2:00.16
	Girls	Medley	1 <sup>st</sup>	2:12.12 *		Girls	Medley	5 <sup>th</sup>	2:04.92
<b>U11</b>	Girls	4 x 100	8 <sup>th</sup>	1:02.80	<b>U14</b>	Girls	4 x 200	4 <sup>th</sup>	1:50.14
	Girls	4 x 200	4 <sup>th</sup>	2:09.41	<b>U15</b>	Mixed	4 x 100	4 <sup>th</sup>	49.26
	Girls	Medley	1 <sup>st</sup>	2:07.44		Girls	4 x 100	3 <sup>rd</sup>	51.46
<b>U12</b>	Boys	4 x 100	3 <sup>rd</sup>	55.66		Girls	4 x 200	2 <sup>nd</sup>	1:49.22
	Boys	4 x 200	1 <sup>st</sup>	1:56.62		Boys	4 x 200	5 <sup>th</sup>	1:43.98

\* New State Record

A special mention must go to the Under 10 Girls who won every event and set a new VBP for the Medley. *Well done girls.*

**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 the *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 this **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.

**NATIONAL ALL SCHOOLS CHAMPIONSHIPS** - December 4 – 7, 2009 saw a number of Box Hill Little Athletes and recently 'retired' little athletes represent Victoria and compete at Hobart in this prestigious event. The best athletes from all over Australia qualified to compete and congratulations must go to the following with their result in the final (if qualified) shown in brackets:-


<b>Sarah Ferrier</b>	LJ (gold), TJ (gold), 4x 100m (silver), 100m (4 <sup>th</sup> ), 200m (5 <sup>th</sup> )
<b>Oliver Kalac</b>	Pole Vault (7 <sup>th</sup> )
<b>Grace Kalac</b>	800m & 400m
<b>Grace Mackie</b>	4x 200m (silver), 4x 100m, LJ (9 <sup>th</sup> ), 100m, 200m
<b>Matthew Clarke</b>	1500m (12 <sup>th</sup> ), 800m
<b>Courtney Powell</b>	800m (bronze), 1500m (4 <sup>th</sup> )

*Those recently retired*

<b>Matthew Bertacco</b> (08)	4x 100m (gold), 4x 200m (gold), LJ (silver), 100m, 100m H
<b>Chelsea Dyer</b> (08)	Javelin (silver), Discus (bronze)
<b>Haylee Lawrence</b> – <b>Simons</b> (08)	HJ (6 <sup>th</sup> ), Pole Vault (4 <sup>th</sup> )
<b>Ella Mason</b> (08)	3000m Walk (7 <sup>th</sup> )
<b>Tom Cornelius</b> (07)	400m H (gold), LJ (bronze)

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