



No. 5/2009-10

Saturday, November 28, 2009

DIARY DATES:

<i>Saturday, November 28</i>	<i>Decathlon/Heptathlon Day 1</i>
<i>Saturday, December 5</i>	<i>Decathlon/Heptathlon Day 2</i>
<i>Sunday, December 6</i>	<i>Waverley Open Day * (www.waverleylittleaths.org)</i>
<i>Saturday, December 12</i>	<i>Little Aths – Programme C</i>
<i>Sunday, December 13</i>	<i>State Relay Championships (Olympic Park)</i>
<i>Friday, January 22</i>	<i>Twilight Programme F</i>
<i>Saturday, January 30</i>	<i>Little Aths – Programme D</i>
<i>Sat/Sun, Jan 30/31</i>	<i>State Multi-Event (Bendigo)</i>
<i>Saturday, February 20</i>	NO LITTLE ATHS AT BOX HILL BECAUSE OF REGION CHAMPS
<i>Sat/Sun, February 20/21</i>	<i>Region Track & Field Championships, Knox</i>
<i>Sat/Sun, March 20/21</i>	<i>State Track & Field Championships</i>

REGIONAL RELAY CHAMPIONSHIPS - Well done to absolutely everyone - athletes and parents - for an awesome effort last Sunday. Weather conditions were kind to us and everything ran as smoothly as possible from our perspective. The time delays were outside our control and I appreciated the patience of all parents. Thank you to all the parents who performed all duties asked of them. Spare a thought for our Key Officials - Warren Paterson, Alan Bertacco, Grant O'Donnell and Susie Kosa (assisted by Sherrie Boulter) - who worked tirelessly all day not just a short shift. Kimble Montagu was also recruited to assist with the starters and worked all day. Without this great support, our kids would not have the opportunity to participate in such a great event. So again thanks heaps to everyone for your support and don't forget to thank your age group manager for all their hard work. All kids ran marvellously and displayed fantastic sportsmanship throughout. Not all teams can win medals but all teams can do their best and smile whatever the outcome. The camaraderie of the Box Hill teams was fantastic. There were some very impressive performances and Box Hill were well represented on the podium winning 12 gold medals, 9 silver medals and 6 bronze medals and 33 teams progressing to the State Relay Championships to be held at Olympic Park on Sunday, December 13. The table below are the team that have advanced to the State Relays. To confirm your teams progression you can find greater detail on the vlaa website - www.vlaa.com.au. Or contact your age group manager.


Boys 10 Year Olds 4x200 Meter Relay	Girls 10 Year Olds 800 Sprint Medley	Girls 15 Year Olds 4x100 Meter Relay
Boys 11 Year Olds 4x200 Meter Relay	Girls 11 Year Olds 4x100 Meter Relay	Girls 15 Year Olds 4x200 Meter Relay
Boys 12 Year Olds 4x100 Meter Relay	Girls 11 Year Olds 4x200 Meter Relay	Girls 9 Year Olds 4x100 Meter Relay
Boys 12 Year Olds 4x200 Meter Relay	Girls 11 Year Olds 800 Sprint Medley	Girls 9 Year Olds 4x200 Meter Relay
Boys 13 Year Olds 4x100 Meter Relay	Girls 12 Year Olds 4x100 Meter Relay	Girls 9-12 800 Sprint Medley
Boys 13 Year Olds 4x200 Meter Relay	Girls 12 Year Olds 4x200 Meter Relay	Mixed 13 Year Olds 4x100 Meter Relay
Boys 15 Year Olds 4x200 Meter Relay	Girls 12 Year Olds 800 Sprint Medley	Mixed 15 Year Olds 4x100 Meter Relay
Boys 9 Year Olds 4x100 Meter Relay	Girls 13 Year Olds 4x100 Meter Relay	Mixed 9 Year Olds 4x100 Meter Relay
Boys 9 Year Olds 4x200 Meter Relay	Girls 13 Year Olds 4x200 Meter Relay	Girls 10 Year Olds 4x100 Meter Relay
Girls 10 Year Olds 4x100 Meter Relay	Girls 13-15 800 Sprint Medley	Girls 10 Year Olds 4x200 Meter Relay
Girls 10 Year Olds 4x200 Meter Relay	Girls 14 Year Olds 4x200 Meter Relay	Girls 12 Year Olds 4x200 Meter Relay

STATE MULTI CHAMPIONSHIPS – State Multi Championships are to be held on the weekend of January 30 and January 31, 2010 at Bendigo for any interested athletes in the U9 to U15 age group. Multi championships comprise the following events – *100m, hurdles, long jump, discus and 800m*. Points are awarded for each event based on the level of performance and the athlete with the highest points score is hailed as the best all round athlete for that age group. U9-U11 and U12 girls compete on the Saturday and U12 boys and U13-U15 athletes compete on the Sunday. Full information and an entry form can be found on page 31 of your handbook. If interested **you** will need to register on line via the VLAA website – www.vlaa.com.au and follow the prompts under “championships” and then “state multi championships”. Entries differ this year from previous years and you will be required to pay an entry fee. Please keep the receipt as Box Hill Little Aths will reimburse the fee to you upon return from multi’s champs. Reimbursement is conditional upon the athlete competing in the event and the parent/guardian completing their allocated duty. If you have entered, please drop an e-mail to our team manager, Scilla Dinnison, on scillad@bigpond.com so she can confirm entries. State Multi’s is a really fun and relaxed competition and provides a great opportunity for kids to mix with athletes from other centres and form good friendships.

PARKING – Could parents please refrain from parking in the handicapped car park spaces designated for the handicapped at the heath centre on Saturday mornings. You should also be careful of parking on the nature strip on Barwon Street. Council officers have come around in the past and made a bit of a killing so beware.

PARENT DUTY – Could parents rostered for duty please make sure they are ready to commence their duty by 8.30 am (obviously those doing set up are required at an earlier time). If parents are not ready by that time, the programme will start and finish later so please be considerate of all other families. Thanks for everyone’s support.

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PH: 9876 5552
FAX: 9876 5553

gmcross@hotmail.com



BreadStreet

22 Hamilton St
Mont Albert
Ph 9890 0066

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