

Box Hill Athletic Club Summer News 19
Tuesday 10 February 2009

UPCOMING EVENTS

Thursday, Feb 12, Milers Club	Olympic Park
Thursday, Feb 12, Rare Air Club	Olympic Park
Thursday, Feb 12, High Velocity Club	Aberfeldie
Saturday, Feb 14 Shield Final	Meadowglen (Epping)
Feb 19-22, Victorian Open and U20 Champs	Olympic Park
Feb 20-22, Youth and Masters Relay Champs	Olympic Park
Feb 27-Mar 1, Victorian Youth Champs	Olympic Park
Feb 27-Mar 1, Open and U20 Relay Champs	Olympic Park
Monday, March 2	A night with Steve Hooker (see below)

SHIELD FINALS THIS SATURDAY

With the cancellation of the Region Finals last Saturday, the top two teams in each division of the East Region will now compete in the Association Shield Finals this Saturday at Meadowglen, McDonalds Rd, Epping (Melway Map 182 J10)

Box Hill teams that have qualified are the following:

Women under 18

Women open division 1

Men under 18

Men open division 1

Please Note that the junior teams (under 18) will begin their competition at 9:30am and will finish at 2:10pm. The open division will commence at 2:30pm and finish at 7:00pm. Please consult the program on page 35 of the Summer Competition Handbook.

Likely Teams:

WOMEN DIVISION 1

200m: Three runners chosen from: Angela Phillips, Theodora Spathis, Bronwyn Sudholtz, Yiota Carabourniotis, Julia Matheson

1500m: Three runners chosen from: Kate Ackland, Suzanne Andrews, Harriet Hodgkinson, Margie Conley, Rebecca Law

Sprint hurdles: Theodora Spathis, Bridget Aughton

400m: Talitha Crawford, Kate Ackland

5000m: Rachel Johnson, Margie Conley

Relay: Kate Ackland, Simone Carre, Bronwyn Sudholz, Yiota Carabourniotis

Triple Jump: Yiota Carabourniotis, Samantha Gagovska

Shot Put: Theodora Spathis, Angela Phillips

Pole Vault: Rosie Ditton, Melanie Adams

WOMEN UNDER 18

Walk: Cassandra Raseli

200m: three runners from: Ryleigh George, Breanne Cross, Kim Poon-Hornett, Catherine Brock, Amy Carrig, Katherine Houston, Olivia Turnbull

1500m: Emily De Luca, Amy Carrig

Sprint hurdles: Ryleigh George

400m: Olivia Turnbull, Anna Carrig, Charlotte Mahony

Relay: Bridget Aughton, Olivia Turnbull, Emily De Luca, Catherine Brock, Anna Carrig?, Amy Carrig?

Triple Jump two chosen from: Catherine Brock, Amy Carrig, Anna Carrig

Shot Put: Breanne Cross

Discus: Breanne Cross

Pole Vault: Breanne Cross, Katherine Houston

MEN OPEN DIVISION 1

2:30 Hammer: B Nuske, S Scherma
Reserves: D Featherston, D Cross

2:30 Pole Vault: B Lucas, J Pocklington
Reserves: C Sherry, C Baker

2:30 110m H: M Zeed, J Pocklington
Reserves: I Zeed, Boaz

2:50 1500m: D Clark, M Coloe, B Chefnaoui
Reserves: S Kelly, D Ayers, A Nagle

3:15 Triple Jump: D Featherston, C Baker

3:30 2000m Walk: W Dyer, S Evans
Reserve: G Olden

3:50 200m: M Zeed, B Lucas, A Haddow
Reserves: C Baker, I Zeed, J Pocklington/ J Filshie

4:00 Discus: B Nuske, S Scherma
Reserves: D Featherston, C Baker

4:30 5000m: A White, S Griffen, S Dinneen
Reserves: G Olden, D Featherston, C O'Connor

5:40 4x100 Relay: R Medford, C Sherry, B Lucas, A Haddow

6:00 400m: O Tirhazouine, D Featherston A Nagle
Reserves: I Zeed, C Baker, A Haddow

6:15 Shot Put: B Nuske, S Scherma
Reserves: D Featherston, C Baker

All other club members will also be regarded as an emergency if changes are required to the above team selections.

Please ensure all reserve athletes have their race uniform and numbers ready just incase.

MEN UNDER 18

9:30 110m H: C Brock

9:50 1500m: D Balassone, W Potter, N Baggott
Reserves: Jackson Dyer, Callum Farrell, Anthony Aloisio

10:15 Triple Jump: T Cornelius, W Potter
Reserves: M Johnson, B Cross, C Farrell, D Schneider

11:00 Shot Put: K Wu, D Schneider
Reserve: M Johnson

11:00 Pole Vault (3.00m start height): T Papas

11:05 200m: T Cornelius, B Cross, C Brock
Reserves: M Johnson, D Schneider, A Miller?

11:45 Discus: K Wu

12:05 3000m: A Aloisio

12:50 4x 100 Relay: M Johnson, D Schneider, T Cornelius, B Cross
Reserves: W Potter, J Snibson

13:35 400m: M Johnson, D Schneider, J Snibson

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A NIGHT WITH THE HOOKER ...(Steve),

Monday the 2nd of March 2009 at the Box Hill clubrooms

Olympic Gold Medalist, Steve Hooker will be coming back to his old club to talk about his triumph in Beijing and his plans for the future. The evening will include: video presentation (Steve at the Olympics, as well as the early days at Box Hill), an interview with Steve, silent auction and raffle, drinks at bar prices & finger food provided.

Proceeds will go towards the purchase of new Pole Vault covers at Box Hill Track and the Athletics Club would like to thank Steve for donating his time.

For more information please contact either:

Blake Lucas 0405 434 571 / blake_lucas@hotmail.com or

Adam Pepper 0402 083 469 / thedrpepper@bigpond.com

or reply to this email.

Please book in advance to ensure seats: \$25 for Adults and \$10 for U18. Everybody welcome.

Steve recorded another PB this week in Boston, clearing an Australian and Commonwealth record of 6.06m. This makes Steve the second highest vaulter of all time.