



# SBAC NEWSLETTER

## WEEKLY UPDATE

NOV 29TH 2023

VOLUME 10

### AVSL ROUND 6 INFORMATION

#### Friday 1st December (Twilight)

- **Starts 6pm** (5.30pm for Hammer Throw)
- **ENTRIES CLOSE THIS WED 8PM** - <https://eventplus.net/E23>
- **Relay is 2x100** - yes, 2x100 (not a typo) and is scoring. This should be heaps of fun! You can either team up with a friend or I can team you up with someone.
- **CANTEEN DUTY** - SBAC is the Duty Club this week which means Canteen duty. Any help in canteen greatly appreciated!

### ZATOPEK:10

Goodluck to following athletes competing this Saturday at Lakeside:

- **Archie Reid** - Men 10000 Metre Run AUS Champs Open
- **Logan Tickell** - Men 3000 Metre Run de Castella Under 20
- **Chelsea Tickell** - Women 1 Mile Run Jamieson LAV Under 16
- **Emma Berg** - Women Shot Put Challenge Open

Sadly, due to an injury the Open Men 4x400 team didn't compete to qualify (next year??)

If you can't make it to Lakeside you can watch via AV Livestream on Facebook

### 2023 AUSTRALIAN ALL SCHOOL

Goodluck to SBAC athletes competing at Australian All Schools in Perth from 8th to 10th December:

- **Connor Wilson** - U15 Shot Put
- **Jasper Seymour** - U15 Shot Put
- **Jasper Seymour** - U15 Discus
- **Rhys Hansen** - U16 Pole Vault
- **Jordyn Lewis** - U14 Pole Vault
- **Emma Orme** - U17 Pole Vault

### AVSL LADDER UPDATE

After 5 Rounds of competition SBAC sit on the top of Division 2 Ladder. This year there will be NO Playoffs. The club that is at the top of the ladder after 12 Rounds will be the Division Champions.

The 2 clubs at the bottom of the ladder are Automatically Relegated (AR) to Division 3 and the 2 clubs at top are Automatically Progressed (AP) to Division 1.

▲	1		South Bendigo	112,111	42		AP
▲	2		Keilor St Bernards	102,247	40		AP
▼	3		Nunawading	102,192	36		
	4		Chilwell	105,450	34		
	5		Ballarat Harriers	90,027	31		
	6		Athletics South West	81,186	24		
▲	7		Eureka	75,613	22		
▲	8		Mornington	83,624	21		
▼	9		Wyndham	75,853	21	POWERPLAY	AR
	10		Bendigo Harriers	66,667	8		AR