

SBAC NEWSLETTER

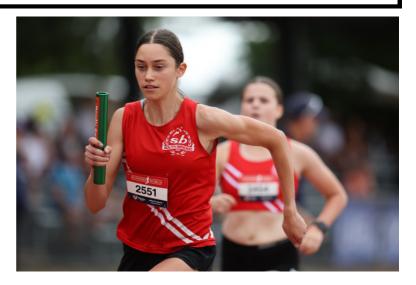
WEEKLY UPDATE

OCT 11TH, 2023 VOLUME 3

AVSL ROUND 1 RESULTS

400+ SCORERS:

Genevieve Nihill - 1500m time 4:49.67 - 452 points Taryn Furletti - 3000m time 10:13.25 - 472 points Oliver Muggleton - 400m time 52.29 - 404 points Rhys Hansen - Pole Vault height 3.75m - 446 points Kai Norton - Javelin dist. 40.07m - 470 points Emma Berg - Javelin dist. - 33.91m - 428 points Keely Trew - Javelin dist. - 31.11m - 409 points Emma Berg - Shot put dist. 14.63m - 507 points Jasper Seymour - Shot put dist. 13.51m - 461 points Kai Norton - Shot put dist. 12.73m - 445 points Cassidy Miller - Shot put dist. 9.55m - 400 points Peta Dawe - Shot put dist. 5.88m - 400 points Emma Orme - Shot put dist. 9.60m - 401 points Trudy Haines - Shot put dist. 8.04m - 434 points Carol Coad - Shot put dist. 6.83m - 437 points Joan Self - Shot put dist. 6.80m - 458 points Rhys Hansen - Triple Jump dist. 11.72m - 433 points



PBs or SBs for Masters:

Tyler Fynch - 1500 - 4:42.72 Piper Fynch - Triple Jump - 7.30m Piper Fynch - 1500 - 6:27.32 Greg Hilson - 1500 - 4:59.91 Thomas McArthur - 1500 - 4:30.09

MVA (Most Valuable Athletes) for Round 1:

Kai Norton 1,283 Rhys Hansen 1,257 Joan Self 1,190

	Division 2		Q	
SBE	South Bendigo	24,774 +	10	
ANW	Nunawading	24,085 +	9	WELL BONE
KSB	Keilor St Bernards	19,358 +		WELL DONE
BHA	Ballarat Harriers	18,935 +	7	EVERYONE!
CHI	Chilwell	18,841 +		
EKA	Eureka	15,741 +		TOP OF DIV 2
ASW	Athletics South West	14,929 +	1	ADDER AFTER
WYN	Wyndham	13,272 +		
BGO	Bendigo Harriers	12,822 +		ROUND 1
MPA	Mornington	11,792 +	1	
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AVSL ROUND 2 - THIS SATURDAY 14TH OCT!

4X100 RELAYS ARE SCORING AND DEFINITELY LAST EVENT THIS WEEK! THIS YEAR IS <u>OPT OUT</u> PLEASE <u>ADVISE CLUB TABLE IF YOU ARE NOT AVAILABLE FOR RELAYS</u>.

PB OR SB FOR MASTERS - DON'T FORGET TO RECORD YOUR PB AT CLUB TABLE TO HAVE IT INCLUDED.

RESULTS HUB - FOR FULL RESULTS, LADDERS AND MORE GO TO THE RESULTS HUB HTTPS://ATHSVIC.RESULTSHUB.COM.AU/

SBAC NEWSLETTER VOL 3

POWERPLAY

Clubs are issued with one (1) Powerplay per season. Clubs can use their Powerplay on any round from Rounds 1-12. Powerplays will double the clubs' ladder points for that round.

We need to use our Powerplay when maximum athletes competing. Club will do pole based on below proposed round dates:

Round 3 - Sat 21st Oct - Program 1

Round 4 - Sat 11th Nov - Program 2

Round 9 - Sat (Twilight) 20th Jan - Program 1



SPECIALIST GROUPS

If you are looking for extra competition in your specialist discipline, try AV's Specialist Groups:

AV Throws - for Discus, Shot put, Javelin & Hammer

High Velocity - for Sprints, Hurdles & Jumps

Milers Club - for middle distance track running

Rare Air - for Pole Vault & High Jump

Vic Race Walking Club

Refer link for more information on meets and entries: https://athsvic.org.au/seasons/specialist-groups/

UPCOMING EVENTS

- Sat 21st Oct AVSL Rd 3 (Program 1) Bendigo
- Sat 28th Oct NON-AVSL Rd 1 (Program 1) Bendigo
- 28th & 29th Oct AV All Schools T & F Wk 1 Lakeside
- Sat 4th Nov NON-AVSL Rd 2 (Program 2) Bendigo
- 4th & 5th Nov AV All Schools T&F Wk 2 Lakeside
- Thu 9th Nov AV Rare Air & Vic Milers Club Lakeside
- Sat 11th Nov AVSL Rd 4 (Program 2) Bendigo
- Thu 16th Nov Victorian 5,000m Champs Lakeside
- Fri 17th Nov (Twilight) AVSL Rd 5 (Program 1)- Bendigo
- Sat 25th Nov Vic State Track Relays Doncaster
- Tue 28th Nov High Velocity & AV Thrower Lakeside
- Fri 1st Dec (Twilight) AVSL Rd 6 (Program 2) Bendigo
- Sat 2nd Dec Zatopek:10 & Zatopek 5km Fun Run Lakeside
- Sat 9th Dec NON-AVSL Rd 3 (Program 1) Bendigo
- Sat 16th Dec AVSL Rd 7 (Program 1 Nitro) Bendigo
- Thu 21st Dec Vic Milers Club (meet 2) Box Hill