



SBAC NEWSLETTER

WEEKLY UPDATE

NOV 1ST, 2023

VOLUME 6

VIC ALL SCHOOLS WEEKEND 1 RESULTS

- Kai Norton - Discus - 45.55m - 2nd 🥈
- Jasper Seymour - Discus - 45.14m - 4th
- Chelsea Tickell - 1500m - 4:49.57 - 1st 🥇
- Logan Tickell - 1500m - 3:58.95 - 2nd 🥈
- Amber Fox - Shot put 3kg - 10.57m - 3rd 🥉
- Cassidy Miller - Shot put 4kg - 8.79m - 1st 🥇
- Genevieve Nihill - 1500m - 4:53.66 - 4th
- Jasper Seymour - Shot put 4kg - 14.54m 2nd 🥈
- Kai Norton - Shot put 4kg - 13.45m - 3rd 🥉
- Charlie Sullivan - 100m - 12.70 - 1st (Prelim) DNS Final
- Tyler Fynch - 1500m - 4:30.29 - 6th
- Amber Fox - Discus - 34.00m - 2nd 🥈
- Kai Norton - Triple Jump - 10.88m - 10th

**AMAZING RESULTS
ALL ATHLETES!!
MEDALISTS QUALIFY
FOR AUSTRALIAN
ALL SCHOOL
CHAMPIONSHIPS IN
PERTH**

RD 1 NON-AVSL RESULTS

PSs & SBs:

Rhys Hansen - Pole Vault - 4.10m
Mia Schodde - Triple Jump - 9.45m
Jackie Guillou - 100m - 16.68
Emma Orme - 100m - 14.37
Mia Schodde - 100m - 14.01



AMBER FOX IN ACTION AT VIC ALL SCHOOLS

NON-AVSL ROUND 2 (PROGRAM 2) - THIS SATURDAY

4X100M RELAY - MIXED CLUBS TRAINING MEN & WOMEN AT END OF PROGRAM

PBS & SBS FOR MASTERS - RECORD AT CLUB TABLE, THIS APPLIES FOR THE NON-AVSL ROUNDS TOO!

STATE RELAYS 25TH NOV - PLEASE ADVISE CLUB ASAP IF YOU ARE INTERESTED IN PARTICIPATING.

NON-AVSL RD 2 ENTRY LINK - [HTTPS://WWW.ATHLETICSBENDIGO.ORG.AU/EVENTS/2023-24-ATHLETICS-BENDIGO-NON-AVSL-28-OCT-2023/](https://www.athleticsbendigo.org.au/events/2023-24-athletics-bendigo-non-avsl-28-oct-2023/)

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VIC ALL SCHOOLS WEEKEND 2

Good luck to the following SBAC Athletes competing at AV ALL SCHOOLS T&F Weekend 2 at Lakeside this Sat & Sun:

- Rhys Hansen U16 Pole Vault
- Jemma Norton U18 Hammer Throw
- Kai Norton U15 200m, Javelin, Long Jump & Hammer Throw
- Geneveive Nihill U17 800m
- Cassidy Miller U20 Javelin
- Chelsea Tickell U15 800m
- Emma Orme U17 Pole Vault
- Tyler Fynch U15 3000m
- Jordyn Lewis U14 Pole Vault



VOLUNTEER OFFICIALS & HELPERS ARE "THE UNSUNG HEROS"

WITHOUT VOLUNTEER OFFICIALS AND HELPERS EACH WEEK WE WOULD NOT HAVE A COMPETITION.

*PLEASE RECOGNISE THEM & MAKE AN EFFORT EACH WEEK TO SAY **"THANK YOU!"***

UPCOMING EVENTS

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

Sat 6th Jan - NON-AVSL Rd 4 (Program 2) - Bendigo

Sat 6th - Sun 7th Jan - Victorian Combined Event Champs - Lakeside

Sat 6th Jan - High Velocity Club, AV Throwers & Rare Air - Lakeside

Sat 13th Jan (Twilight) - AVSL Rd 8 (Program 2) - Bendigo

Sat 20th Jan (Twilight) - AVSL Rd 9 (Program 1) - Bendigo

Fri 26 - Sun 28th Jan - Victorian Country Championships - Ballarat

Thu 1st Feb - High Velocity Club & AV Throwers - Doncaster

Sat 3rd Feb - AVSL Rd 10 (Program 2) - Bendigo

Tue 6th Feb - Vic Milers Club - Aberfeldie

Sat 10th Feb - AVSL Rd 11 (Program 1) - Bendigo