



# SBAC NEWSLETTER

## WEEKLY UPDATE

OCT 4TH, 2023

VOLUME 2

### UPCOMING EVENTS



- Sat 14th Oct - AVSL Rd 2 - Bendigo
- Sat 21st Oct - AVSL Rd 3 - Bendigo
- Sat 28th Oct - NON-AVSL Rd 1 - Bendigo
- 28th & 29th Oct - AV All Schools T & F Wk 1 - Lakeside
- Sat 4th Nov - NON-AVSL Rd 2 - Bendigo
- 4th & 5th Nov - AV All Schools T&F Wk 2 - Lakeside
- Thu 9th Nov - AV Rare Air & Vic Milers - Lakeside
- Sat 11th Nov - AVSL Rd 4 - Bendigo
- Thu 16th Nov - Victorian 5,000m Champs - Lakeside
- Fri 17th Nov (Twilight) - AVSL Rd 5 - Bendigo
- Sat 25th Nov - Vic State Track Relays - Doncaster
- Tue 28th Nov - High Velocity & AV Thrower - Lakeside
- Fri 1st Dec (Twilight) - AVSL Rd 6 - Bendigo
- Sat 2nd Dec - Zatopek:10 & Zatopek 5km Fun Run - Lakeside



### VICTORIAN COUNTRY CHAMPIONSHIPS

FRI 26 - SUN 28TH JAN 2024

### **AVSL ROUND 1 - THIS SATURDAY 7TH OCT!**

**UNIFORMS** ARE REQUIRED & CAN BE PURCHASE ON DAY, SINGLETS \$40 & CROPS \$35 WITH YOUR OWN BLACK SHORTS/LEGGINGS.

**BIBS** TO BE WORN BACK & FRONT (I WILL HAVE TEMP ONES IF YOURS HASN'T ARRIVED)

**4X100 RELAYS** ARE NON-SCORING. THIS YEAR WILL BE AN OPT OUT FOR RELAYS MEANING PLEASE ADVISE CLUB TABLE IF YOU ARE NOT AVAILABLE.

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