

St Kevin's Amateur Athletic Club Inc

Track & Field Info Sheet & Fixture for 2005-2006

THE BASIC INFO - COMING ALONG FOR THE FIRST TIME

1. Get registered with the club and AV

- Fill out the rego forms (they are on the club website, www.skaac.org) and send them, together with the fees, to Dino Imbriano (address on the club form) a week before the day you want to compete;

2. Get some blue shorts and a club singlet (you can buy a singlet on the day)

3. Turn up at the time and place shown on the fixture, look for club 'base camp', say hi and ask if there are any committee members about

- Ideally, it is best to get in touch before the event so we can point you in the right direction. The Club Registrar is Dino Imbriano (0419 381 727). Alternatively, email us at admin@skaac.org or see the contacts below.
- At Box Hill venue, the club sets up on the hill about half way around the first bend (ie near 50m on the 400m track). If you are having trouble finding it, look for the club tent with its distinctive green and yellow roof or ask anyone in the club singlet.

THE DETAIL - THINGS YOU MIGHT WANT TO KNOW ABOUT THE CLUB:

Uniform

- For all interclub events, wear navy blue shorts and club singlet - you can purchase a club singlet at your first event for \$40 (although sorting it out in advance is preferable if possible - see the contacts listed below)

Event Types, Programs and Times

- **A full interclub fixture & program timetable is included below.** All track and field events are covered, although the program rotates with different events held on alternating weeks.
 - On the track:
 - Program 1 includes 100m, 400m, 1500m, sprint hurdles, steeplechase and 4x100m relay.
 - Program 2 includes 200m, 800m, 3000/5000m, 400m hurdles and 4x400m relay.
 - In the field there are four programs (see the fixture below for details)
- The first event of Saturday interclub competition is discus or hammer (depending on the program) at 12pm. On the track, the first event is at 1pm.

Event Standards

- **State and National Championships** are separate from interclub, held once a year each and are usually a very high standard.
- **Interclub** is the competition held at Box Hill, Doncaster or Ringwood on Saturdays and is the competition in which most club athletes compete.
 - There are several heats in each event at interclub and the standard is quite varied - the first heats are often very high standard, but heats go all the way down to 'easy' times in heats contested by athletes in their 60s and 70s.
- **The system for choosing a heat at interclub:** Heats are organised by estimated time, so you just wait until they call the time that suits you and put yourself forward for that heat.

Registration Contacts

- Although you can compete as an 'invite' athlete in certain circumstances, you generally need to register in advance to compete
- Contact Dino Imbriano on 0419 381 727 with any queries and get your forms and fees (forms can be printed from the club website at <http://www.skaac.org>) to him at least 7 days before competing.
 - You need to fill out both the AV and club rego forms (*note - if you have already registered with the club and/or AV for winter 2005, you are already registered for the 2005/06 track & field season*).

Cost

- Fees depend on whether you are an underage athlete, an open age student athlete, a club life member or simply an open age athlete. Select the category that applies to you on the club and AV registration forms.
 - Club fees range from FREE (U14 athletes and life members) to \$45 (open age athletes who are not students or life members).
 - AV fees range from \$60 (up to U16) to \$120 (open age athletes).

Food and Drinks

- There is a canteen at the track where you can purchase food and drinks. The club also usually has an esky of drinks available at the track at lower prices than the canteen and generally also holds a free BBQ at the end of the meet.

Training Sessions & Coaching Services

- The club offers two options for training:
 - 1. make arrangements with a SKAAC affiliated coach or training group** for a full program and regular sessions that suit you and the coach (see the list of 'SKAAC' Coach Contacts on the right of the club training information webpage <http://www.skaac.org/info.html>, contact Peter Kehoe on 0400 179 016 or email our [training co-ordinator](mailto:training@skaac.org) at training@skaac.org); or
 - 2. attend general club training sessions**, 6pm on Thursday evenings at Box Hill athletics track (Melways Ref Map 47, B7).

General club training sessions (Box Hill athletic track, 6-7pm each Thursday),

are conducted by Efim Shuravetsky (pictured on the club training info page so you can recognise him if you go along) (Ph: 9877 7147, Mob: 0412 947 638).

Efim is a highly experienced coach who coaches all levels of athletes from beginners to the elite in all athletic events, including strength and conditioning. His list of past and present clients includes Olympic gold medallists and AFL clubs - and his services are free for club members of any standard at Thursday evening club training sessions.

Contacts

- **Phone Contacts**
 - Club President, Steve Cain: 0407 230 748
 - Club Registrar, Dino Imbriano: 0419 381 727
- **Email Contacts**
 - General Queries - admin@skaac.org
 - Training Queries - training@skaac.org
- **Committee Contacts** (to contact a committee member by email, email to admin@skaac.org with the committee member's name in the subject line)
 - President: Stephen Cain
 - Vice-President: Jeremy Macdonald
 - Secretary: Lachlan McLeod
 - Treasurer/Registrar: Dino Imbriano
 - Committee: Alex Carew
 - Peter Carew
 - Xavier Chapman
 - Peter Kehoe
 - Patrick Noonan
 - Chris Wilkinson
- **Website** - <http://www.skaac.org>
 - The club website includes up-to-date news, registration forms, results, records, club history and training information.
- **Post** - send registration forms to: Dino Imbriano
Registrar
St Kevin's Amateur Athletic Club Inc
12 Cronus Court
ELTHAM VIC 3095

ATHLETICS VICTORIA

2005-2006 SHIELD FIXTURE: EAST REGION



ROUND	DATE	COMPETITION	VENUE
Round 1	Saturday, October 1	Track P1 / Field P1	Hagenauer's Reserve, Box Hill
Round 2	Saturday, October 15	Track P2 / Field P2	Hagenauer's Reserve, Box Hill
Round 3	Saturday, October 22	Track P1 / Field P3	Hagenauer's Reserve, Box Hill
Round 4	Saturday, November 5	Track P2 / Field P1	Hagenauer's Reserve, Box Hill
Round 5	Saturday, November 12	Track P1 / Field P4	Reischiek's Reserve, Doncaster
Round 6	Saturday, November 19	Track P2 / Field P2	Proclamation Park, Ringwood
Round 7	Saturday, November 26	Track P1 / Field P1	Hagenauer's Reserve, Box Hill
Round 8	Saturday, December 3	Track P2 / Field P3	Hagenauer's Reserve, Box Hill
Round 9	Saturday, December 10	Track P1 / Field P4	Reischiek's Reserve, Doncaster
Region Final	Saturday, January 14	East Region Final	Hagenauer's Reserve, Box Hill
Shield Final	Thursday, January 26	AV Shield Final	Reischiek's Reserve, Doncaster

EASTERN REGION: VENUES

Box Hill	Hagenauer's Reserve	Barwon St, Box Hill (Melway Ref: 47 C7)
Doncaster	Reischiek's Reserve	Cnr Victoria & George Sts, Doncaster (Melway Ref: 33 J11)
Ringwood	Proclamation Park	Sylvia Gve, Ringwood (Melway Ref: 49 F12)

EASTERN REGION: CLUBS

ANW	Athletics Nunawading	OLM	Old Melburnians Athletics Club
BOH	Box Hill Athletics Club	OSC	Old Scotch Collegians Athletics Club
COL	Collingwood Harriers	OLX	Old Xaverians Athletics Club
DLS	De La Salle Old Collegians	RIC	Richmond Harriers
DIV	Diamond Valley Athletics Club	RWD	Ringwood Athletics Club
DON	Doncaster Athletics Club	STK	St Kevins AAC
IVA	Ivanhoe Harriers	SSH	St Stephens Hawthorn Athletics Club

EASTERN REGION: OFFICE BEARERS

Chairperson:	Jack di Giantomaso	Scorers:	David Armstrong
Vice Chairperson:	Steve Griffiths		
Secretary:	Joan Hines	Track Referee/s:	Diana Barnett, Charles Hogarth
Treasurer:	Joan Hines		Kevin Wigmore & Tony Williams
Region Manager:	Ivan Harding		
Officials Coordinator:	Joan Hines & Anne Lord	Field Referee/s:	Barbara Rumble & Geoff Grant

ATHLETICS VICTORIA



2005-2006 SHIELD FIXTURE: EAST REGION

EAST REGION: TRACK PROGRAM 1

VENUE(S): HAGENAUER'S RESERVE (Rd 1: 1/10/05, Rd 3: 22/10/05, Rd 7: 26/11/05)

REISCHIEK'S RESERVE (Rd 5: 12/11/05, Rd 9: 10/12/05)

PROGRAM 1

TRACK

1:00 PM	100m Women (all sections)
	3000m Walk Men (1 / 2 / 18)
	3000m Walk Women (1)
1:25 PM	100m Men (all sections)
	1500m Walk Men (3 / 4 / 16 / 14)
	1500m Walk Women (2 / 16 / 14)
1:40 PM	1500m Women (all sections)
2:05 PM	1500m Men (all sections)
2:15 PM	110m Hurdles Men (1 / 2 / 3 / 4 / 18)
	100m Hurdles Men (16)
	100m Hurdles Women (1 / 2 / 18)
	90m Hurdles Men (14)
	90m Hurdles Women (16)
	80m Hurdles Women (14)
3:00 PM	4 x 100m Relay Men (all sections)
3:20 PM	4 x 100m Relay Women (all sections)
3:35 PM	3000m Steeple Men (1 / 2)
	2000m Steeple Men (18)
3:50 PM	3000m Steeple Women (1)
	2000m Steeple Men (3 / 4 / 16 / 14)
	2000m Steeple Women (2 / 18 / 16 / 14)
4:05 PM	400m Women (all sections)
4:15 PM	400m Men (all sections)

PLEASE NOTE:

3000M / 2000M STEEPLE RUNS CONCURRENTLY

3000M WALK ALTERNATES WITH 5000M WALK FOR DIVISION 1 MEN & WOMEN ON ROUNDS 3 & 7

4 X 100M RELAY ALTERNATES WITH 4 X 200M RELAY

4 X 100M RELAY DATES: Rd 1: 1/10/05, Rd3: 22/10/05, Rd7: 26/11.05

4 X 200M RELAY DATES: Rd 5: 12/11.05, Rd 9: 10/12/05

ATHLETICS VICTORIA

2005-2006 SHIELD FIXTURE: EAST REGION



EAST REGION: TRACK PROGRAM 2

VENUE(S): HAGENAUER'S RESERVE (Rd 2: 15/10/05, Rd 4: 5/11/05, Rd 8: 3/12/05)

PROCLAMATION PARK (Rd 6: 19/11/05)

PROGRAM 2

TRACK

1:00 PM	200m Hurdles Men (16 / 14)
	200m Hurdles Women (16 / 14)
1:05 PM	2000m Walk Men (all sections)
	2000m Walk Women (all sections)
	400m Hurdles Men (1 / 2 / 3 / 4 / 18)
	400m Hurdles Women (1 / 2 / 18)
1:25 PM	100m Women (all sections)
1:25 PM	800m Men (all sections)
1:50 PM	100m Men (all sections)
2:05 PM	800m Women (all sections)
2:30 PM	5000m / 3000m Men (1 / 2)
	5000m / 3000m Women (1)
2:35 PM	200m Women (all sections)
3:00 PM	3000m Women (2 / 18 / 16 / 14)
3:05 PM	200m Men (all sections)
3:20 PM	3000m Men (3 / 4 / 18 / 16 / 14)
3:55 PM	4 x 400m Relay Women (all sections)
4:15 PM	4 x 400m Relay Men (all sections)

PLEASE NOTE:

5000M TO ALTERNATE WITH 3000M ON RDS: 2, 6 & 10

4 X 400M RELAY ALTERNATES WITH MEDLEY RELAY

4 X 400M RELAY DATES: Rd 2: 15/10/05, Rd 6 19/11/05

MEDLEY RELAY DATES: Rd 4: 5/11/05, Rd 8: 3/12/05

ATHLETICS VICTORIA

2005-2006 SHIELD FIXTURE: EAST REGION



EAST REGION: FIELD PROGRAM 1

VENUE(S): HAGENAUER'S RESERVE (Rd 1: 1/10/05, Rd 4: 5/11/05, Rd 7: 26/11/05)

PROGRAM 1

FIELD

	HAMMER	DISCUS	SHOT PUT	HIGH JUMP	TRIPLE JUMP	POLE VAULT
12:00 PM	Men & Women 35+					
12:35 PM	All Throwers below 35m					
1:00 PM				Men (18) Women (1 / 2)	Men (1 / 2)	3.80m +
1:30 PM		Men (18) Women (18)	Men (3)	Men (16)	Men (3 / 4)	
2:00 PM		Men (14) Women (14)	Men (16) Women (16)	Men (14) Women (14)	Men (18) Women (1 / 2)	
2:15 PM						3.00m+
2:30 PM		Men (3)	Men (4)	Women (18 / 16)	Men (16)	
3:00 PM		Men (4)	Men (14) Women (14)	Men (1 / 2)	Men (14) Women (14)	
3:30 PM		Women (1 / 2)	Men (1 / 2)	Men (3 / 4)	Women (18 / 16)	1.80m +
4:00 PM		Men (16) Women (16)	Men (18) Women (18)			
4:30 PM		Men (1 / 2)	Women (1 / 2)			

REGION:

FIELD PROGRAM 2

VENUE(S):

HAGENAUER'S RESERVE (Rd 2: 15/10/05)

PROCLAMATION PARK (Rd 6: 19/11/05)

PROGRAM 2

FIELD

	HAMMER	JAVELIN	SHOT PUT	HIGH JUMP	LONG JUMP	POLE VAULT
12:00 PM	Men & Women 35+					
12:35 PM	All Throwers below 35m					
1:00 PM				Men (18) Women (1 / 2)	Men (1 / 2)	3.80m +
1:30 PM		Men (18) Women (18)	Men (3)	Men (16)	Men (3 / 4)	
2:00 PM		Men (14) Women (14)	Men (16) Women (16)	Men (14) Women (1 / 4)	Men (18) Women (1 / 2)	
2:15 PM						3.00m+
2:30 PM		Men (3)	Men (4)	Women (18 / 16)	Men (16)	
3:00 PM		Men (4)	Men (14) Women (14)	Men (1 / 2)	Men (14) Women (14)	
3:30 PM		Women (1 / 2)	Men (1 / 2)	Men (3 / 4)	Women (18 / 16)	1.80m +
4:00 PM		Men (16) Women (16)	Men (18) Women (18)			
4:30 PM		Men (1 / 2)	Women (1 / 2)			

ATHLETICS VICTORIA

2005-2006 SHIELD FIXTURE: EAST REGION



EAST REGION: FIELD PROGRAM 3

VENUE(S): HAGENAUER'S RESERVE (Rd 3: 22/10/05, Rd 8: 3/12/05)

PROGRAM 3

FIELD

	DISCUS	JAVELIN	SHOT PUT	HIGH JUMP	TRIPLE JUMP	POLE VAULT
12:00 PM	Women (1 / 2)					
12:35 PM	Men (18) Women (18)					
1:00 PM	Men (16 / 14) Women (16 / 14)			Men (18) Women (1 / 2)	Men (1 / 2)	3.80m +
1:30 PM	Men (3 / 4)		Men (3)	Men (16)	Men (3 / 4)	
2:00 PM	Men (1 / 2)		Men (16) Women (16)	Men (14) Women (14)	Men (18) Women (1 / 2)	
2:15 PM						3.00m+
2:30 PM		Men (4)	Men (4)	Women (18 / 16)	Men (16)	
3:00 PM		Men (14) Women (14)	Men (14) Women (14)	Men (1 / 2)	Men (14) Women (14)	
3:30 PM		Men (18) Women (18)	Men (1 / 2)	Men (3 / 4)	Women (18 / 16)	1.80m +
4:00 PM		Women (1 / 2)	Men (18) Women (18)			
4:30 PM		Men (1 / 2)	Women (1 / 2)			

EAST REGION: FIELD PROGRAM 4

VENUE(S): REISCHIEK'S RESERVE (Rd 5: 12/11/05, Rd 9: 10/12/05)

PROGRAM 4

FIELD

	HAMMER	JAVELIN	DISCUS	SHOT PUT	HIGH JUMP	TRIPLE JUMP	POLE VAULT
12:00 PM	Men & Women 35+						
12:35 PM	All Throwers below 35m						
1:00 PM					Men (18) Women (1 / 2)	Men (2)	3.80m+
1:30 PM			Men (16 / 14) Women (16 / 14)	Men (1)	Men (16)	Men (3 / 4)	
2:00 PM			Men (18) Women (18) Women (1)	Men (2)	Men (14) Women (18/16/14)	Men (18)	
2:15 PM							3.00m+
2:30 PM		Men (14) Women (14)	Men (1 / 2)	Men (3 / 4)	Men (1)	Men (16)	
3:00 PM		Men (16) Women (16)	Men (3 / 4)	Men (18) Women (1 / 2)	Men (2)	Men (14) Women (18/16/14)	
3:30 PM		Men (18) Women (1 / 2)		Men (16)	Men (3 / 4)		1.80m+
3:45 PM				Men (14) Women (14)		Men (1)	
4:00 PM		Men (1 / 2)		Women (1 / 2)			
4:30 PM		Men (3 / 4)		Women (18 / 16)			