

## President's Request

### A call to all of our athletes

*Next Saturday (round 10) will be the last round before the finals and your last chance to qualify to compete in the finals if your team is first or second on the ladder (after round 10). The Div 2 men are currently on top of the ladder.*

Place	Team	For	Against	%	Pts
1	Ivanhoe	1,419.5	1,515.0	93.70	28
2	Preston	1,223.0	1,711.5	71.46	26
3	Whittlesea City	292.0	2,642.5	11.05	8

*Therefore it is important that we have as many athletes as possible competing next Saturday at Doncaster. Please find attached the amended program which starts at 11.45am with the HJ. Our club will have the responsibility of officiating at the HJ for round 10.*

*Also it would be ideal for all athletes to compete in as many events as you can next Saturday to score valuable points for our club. Look forward to seeing everyone at Doncaster next Saturday.*

Round 10 Track	Venue: Doncaster	Red Vs. White	
Time	Event	Men	Women
12:00pm	1500 Metre Walk	Men U16, U14	Women U16, U14
12:00pm	400 Metre Hurdles - 91.4cm	Open, U20 & 40+	
	400 Metre Hurdles - 84cm	Mens 50+ & U18	
	400 Metre Hurdles - 76.2cm		Open, U20, U18 & 40+
12:25pm	3000 Metre Walk	Men Open, 40+, U20 & U18	Women Open, 40+, U20 & U18
12:30pm	300 Metre Hurdles - 76.2cm	Mens 60+	
	300 Metre Hurdles - 76.2cm		Womens 50+, 60+
12:40pm	200 Metre Hurdles - 76.2cm	Mens U14 & U16	
	200 Metre Hurdles - 76.2cm		Womens U14, U16 & 60+
1:00pm	200 Metres	All	
2:00pm	200 Metres		All
2:10pm	800 Metres	All	
3:10pm	800 Metres		All
3:40pm	4 x 400 Metre Relay	All	
4:15pm	4 x 400 Metre Relay		All
4:40pm	3000m	All	All

### Amended Program for Round 10

Round 10 Field	Shot Put	Hammer Throw (12 per heat)	Triple Jump (12 per heat)	High Jump (15 per heat)
<b>Time</b>				
11:45am	Pits 1 & 2 (Maximum 15)			1.65m +
12:30pm	All Pit 1	30m+	12m+ (Men)/9m+ (Women) Pit 1	1.55m - 1.80m
1:00pm	All Pit 1	All	All Pit 1	
1:15pm				1.45m - 1.70m
1:30pm	All Pit 1	All	All Pit 1	
1:45pm	11m+(Men)/9m+(Women)** Pit 2		All Pit 2	
2:00pm	All Pit 1	All	All Pit 1	1.35m - 1.60m
2:15pm	All Pit 2		All Pit 2	
2:30pm	All Pit 1	25m+	All Pit 1	
2:45pm	All Pit 2		All Pit 2	1.25m - 1.50m
3:00pm	All Pit 1	All	All Pit 1	
3:15pm	All Pit 2		All Pit 2	
3:30pm	All Pit 1	All	All Pit 1	1.15m - 1.40
3:45pm	All Pit 2		All Pit 2	
4:00pm		All		
4:15pm	All Pit 2		All Pit 2	1.05m - 130m
4:30pm		All*		
4:45pm	All Pit 2*			
5:00pm				1.05m+(All)*

### Shield Finals on the 31<sup>st</sup> January at Albert Park,

Wouldn't it be great to see as many members and friends of our great club cheering on and supporting our team/s that will be competing at the Shield finals on the 31<sup>st</sup> Jan 2015.

We hope that you can make it on the day to show your support.

Why not wear your old IH top or T shirt to give a boost to our athletes and show our competitors that even though we are a small club we have a great following with a bright future in front of us.

I look forward to hearing some loud cheers for our athletes coming from the stadium at Albert Park.

***John David – President***

With regards to this latter request, the word is out that that Noel Burrows, Gary Holliday, Bruce Ackland and Noel Roberts are already organised to attend, all resplendent in IH singlets. How about a few extra "oldies" come out to cheer on the current lot of "Boys"

