

QUEANBEYAN GIFT - MBD CREW EVENTS and TIMES

Name	Name / Event	70m	Heat #	Novice	Heat # (@start time)	Gift	Heat # (@start time)	Women's	Heat # (@start time)	300m	Heat # (@start time)	600m
Matt	Beckenham	8m	9th (@11.50am)							18m	5th (@1235pm)	
Grant	Billingham	7m	1st (11.15am)			8.75m	6th (@325pm)			9m	1st (1215pm)	
Melissa	Breen							scr	8th (@420pm)			
Rach	Carnegie							12m	6th (@410pm)	52m	4th (@1230pm)	
Noah	Geleris	6m	4th (@11.25am)	5.5m	2nd (@12.35pm)	8.5m	6th (@325pm)					
Tom	Hobson			5m	7th (@1pm)					14m	4th (@1230pm)	28m
Henry	Hobson	5.75	8th (@11.45am)	5m	5th (@1250pm)	8m	5th (@320pm)					
Reece	Langdon			5m	6th (@1255pm)	8m	1st (@3pm)			14m	5th (@1235pm)	
Courtney	Leary	14m	16th (@12.25pm)	17.5m	4th (@1245pm)			9m	4th (@4pm)			
Brendan	Matthews					6m	2nd (@305pm)					
Jesse	Matthews					9.5m	1st (@3pm)			13m	2nd (@1220pm)	
Nath	McNab	8.25m	11th (@12pm)			10m	8th (@340pm)					
Jarred	Parrelo	5.5m	5th (@11.30am)	5m	8th (@105pm)	8m	8th (@340pm)					
Sam	Pomroy	15.25m	5th (@11.30am)					14m	7th (@415pm)			
Lauren	Wells							3m	3rd (@355pm)			
Emma	Zalcman							9.25m	8th (@420pm)	50m	2nd (@1220pm)	

Event / Stage	Heat Time	To Get through	Semi Time	To Get through	Final Time
70m	11.15am	Top 2 only	10.30am Sun	Top 2 only	2.45pm Sun
Novice	12.30pm	1st only			1.40pm Sun
Vets	1.15pm	Top 2 plus 2			1.45pm Sun
Men's	3pm	Top 3 plus 2	11.45am Sun	Top 2 only	2.30pm
Women's	3.45pm	Top 4 only	11.25am Sun	Top 2 only	2.15pm
300m	12.15pm Sun	Top 2 only			1.55pm Sun
600m					2.50pm Sun
Backies Wom					2.55pm Sun
Backies Men					3pm Sun

VENUE
Queanbeyan Park
I usually park on Campbell Street near the tennis courts
We will set up under a marques in the middle of the track
SQUAD HISTORY AT QBN GIFT - 17 wins so far!
The squad has won the Mens Gift 3 times - Buzz (08), Storta (09) Elliott (10)
The squad has won the Women's Gift 2 times - Breen (07) Boden (08)
We have won the 70m 3 times - Buzz (07), Casey (09), McNab (12)
plus Novice 5 times - Boden (05), Watt (06), Marques (08), Sheppard (09), Cowley (10)
and the Backmarkers 4 times - Galic (08), Buzz (2010), Breen (08 and 11)

Notes:	Get there early to give yourself time to warm up properly for 1st event on the day . Your warm up will then be shorter for remaining events on the day
	Keep up fluids all day and stay out of the sun where possible - plan when you will have something to eat as well (very important on long days like this)
	Support each other and wear squad shirts if possible please - I will have some singlets as well to wear. You must wear singlet / crop top under the colour they give you to run in.
	We will have blocks to share amongst the squad
	Remember to get some longer grass spikes (runners shop - dundas court phillip)
	There is no call room. You pick up the colour bib to run in from tent and then usually meet at finish line - although it things are running late they will say to go straight to start line
	When you set up blocks the front foot goes on the mark you are given - hands go in front of your mark
	Please make sure you run right through the line. You can be fined or suspended if they think you are jogging or ease up
	I encourage everyone to go back to the QBN leagues club on Saturday after day 1 finished for a drink and mingle - stick some different clothes in car to change into maybe
	After day 2 we will probably meet as a squad to hopefully celebrate a successful weekend
	Good Luck to everyone and have fun!!!!