

Training

From mid September training is held at Wodonga Athletic Complex every Tuesday and Thursday from 5pm for club members.

Committee

Executive:

President:	Simon Crocos	0423 777 532
Vice President:	Des Rees	0420 875 242
Secretary:	Chris Wilson	0409 445 800
Treasurer:	Fay Pearce	(02) 6020 3258
Registrar:	Ruth Smith	0400 544 789
Publicity Officer:	Nadia Mellor	0418 174 699

General committee:

Dennis Baker	Gavin Smith	Karen Hill	
Tracey Howse	Janet Crocos	MK Howse	
Gabby Knight	Bill Pearce	Steph Eagle	Mike Mellor

More information:

- Club membership forms
- Club records
- Point scoring, trophies and awards available to members
- Victorian Country Championships, State titles and other AV events
- Wodonga Athletic Club organised fun runs
- Competition results

Visit our website: www.wodongaathletics.org.au

Email: wodongaathletics@gmail.com

Mailing Address:

The Secretary
Wodonga Athletic Club
PO Box 736
WODONGA 3689



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Wodonga



Athletic Club

Affiliated with Athletics Victoria

ABN 965 754 969 51

TRACK & FIELD PROGRAM

2017-2018

The Wodonga Athletic Club aims to provide a comprehensive athletics program suitable for people of all abilities and ages focusing on improving health and fitness, achieving personal bests and enhancing skill levels in a relaxed and enjoyable environment for individuals and families.

Membership

Membership includes weekly competition and discounted entry in all distance events organised by the Wodonga Athletic Club.

Wodonga Athletic Club membership:	
Individual age 21 & over	\$80
Under 21	\$60
Family	\$130

Athletics Victoria Registration –completed online through AV (must also be a registered club member). Athletes intending to compete in AV Shield, Country, Junior &/or State Championships must be registered with AV.

Weekly competition fees

Members	No cost
Non-members*	\$5 weekly for first 2 weeks

*For insurance purposes non-members may only trial twice with an affiliated Athletics Victoria club before becoming a member.

Age categories

U14*, U16, U18, U20, Open, Veteran (40+, 50+, 60+, 70+ and 80+)* *min age 12 years*

Competition venues

Wodonga Athletic Complex	Pearce Street, Wodonga
Alexandra Park	Cadell Street, Albury

2017-18 Track & Field program

Date	Program	Location	Other
Sunday 1 Oct	1	Wodonga 9am	4 x Medley relay(100/100/200/400)
Saturday 7 Oct	2	Wodonga 5pm	
Saturday 14 Oct	3	Wodonga 5pm	
Saturday 21 Oct	4	Wodonga 5pm	
Saturday 28 Oct	1	Wodonga 5pm	4 x 200m relay
Saturday 4 Nov	2	Wodonga 5pm	
Saturday 11 Nov		Wodonga 5pm	Relay day
Thursday 16 Nov		Wodonga 7pm	10km Championship
Saturday 18 Nov	3	Wodonga 5pm	
Saturday 25 Nov	4	Wodonga 5pm	
Saturday 2 Dec		Wodonga 5pm	Don Sparks Steel Pentathlon Extra event 3km and 1500m race walk 6pm
Saturday 9 Dec	1	Albury 5pm	4 x 100m relay High Jump 6.20pm (extra event)
Thursday 14 Dec		Sumsion Gardens 7pm	Baker Motors 5k handicap
Saturday 16 Dec	2	Wodonga 5pm	Christmas Break up
Saturday 23 Dec			
Saturday 30 Dec			
Saturday 6 Jan	3	Wodonga 5pm	
Saturday 13 Jan	4	Albury 5pm	Pole Vault, Steeple and Hurdles 4pm
Thursday 18 Jan		Sumsion Gardens 7pm	Greg Simpson Financial Services 5km Handicap Round 1
Saturday 20 Jan	1	Wodonga 5pm	4 x 400 relay
Saturday 27 Jan	TBA		Victorian Country Championships
Thursday 1 Feb		Albury 7pm	Greg Simpson Financial Services 5km Handicap Round 2
Saturday 3 Feb	2	Wodonga 5pm	
Saturday 10 Feb	3	Wodonga 5pm	
Thursday 15 Feb		Wodonga 5pm	Wodonga Gift 5pm Greg Simpson Financial Services 5km handicap final 7pm
Saturday 17 Feb	4	Wodonga 5pm	
Saturday 24 Feb	TBA	Wodonga 5pm	Special program TBA
Saturday 3 March		Wodonga 5pm	Presentation Night Advanced Corrective Massage 60m Championship
Late March TBA		Noreuil Park	Cumberoona Run

Program

The Wodonga Athletic Club has designed four programs that provide plenty of variety each week and ensure athletes have the opportunity to undertake each event at least once every four weeks.

This season we have incorporated into our program relays, handicaps and pentathlon. This provides an ideal opportunity for athletes to gain exposure to multi-events in the friendly club environment.

	Program 1	Program 2	Program 3	Program 4
5.00 pm	60m	100m	Hurdles OR Javelin	100m
5.20 pm	800m OR Triple Jump	Mens Discus Womens Shot Put		Triple Jump
5.40 pm	Hammer	400m	100m	1500m
6.00 pm	Relay	Mens Shot Put Womens Discus	Long Jump	Mens Shot Put Womens Discus
6.20 pm	Javelin	High Jump 90cm OR 3000m	Long Jump OR 800m	High Jump 1.00m OR 400m
6.40 pm	Javelin	High Jump OR Hammer	Hammer	High Jump OR 3000m
7.00 pm	200m OR Shot Put	High Jump	200m OR Triple Jump	Mens Discus Womens Shot Put
7.20 pm	5000m OR Long Jump	Long Jump	5000m OR Discus	Javelin
7.40 pm		1500m		

- ❖ Entry to events close 15 minutes prior to the events starting time, except for hurdles where entry closes ½ an hour prior to the start time. Athletes who wish to do Hurdles must assist with setting up and packing up the hurdles.
- ❖ If there are two events listed in one block an athlete can only do one of these events.
- ❖ **Inclément weather:** Cancelled events due to bad weather will be published on the club Facebook page at least 3 hours before the scheduled start time. In the event of cancellations, programs will not be changed for future weeks.