



From mid-September training is held at Wodonga Athletic Complex every Tuesday and Thursday from 5.30pm for club members.

Committee		
Executive:		
President:	Gabby Knight	0420 740 736
Vice President:	Kevin Muller	0437 035 840
Secretary:	Chris Wilson	0409 445 800
Treasurer:	Fay Pearce	(02) 6020 3258
Registrar:	Simon Crocos	0423 777 532
Publicity Officer:	Nadia Mellor	0412 174 699
General committee:		
Dennis Baker	Gavin Smith	Karen Hill
Lisa McInerney	Bill Pearce	Des Rees
Emma Aldrich		

More information:	
<ul style="list-style-type: none"> • 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 	
<p>Visit our website: www.wodongaathletics.org.au Email: wodongaathletics@gmail.com</p>	
<p>Mailing Address: The Secretary Wodonga Athletic Club PO Box 736 WODONGA 3689</p>	

May 2018



Wodonga



Athletic Club

Affiliated with Athletics Victoria

ABN 965 754 969 51

TRACK & FIELD PROGRAM 2018/2019

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 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.



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.



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

2018-2019 Track & Field program

Date	Program	Location	Other
Saturday 6 th Oct	1	Wodonga 4pm	4 x 200m Relay
Thursday 11 th Oct		Wodonga 5.30pm	Come & Try Day (Skills Workshop)
Saturday 13 th Oct	2	Wodonga 4pm	
Saturday 20 th Oct	3	Wodonga 5pm	
Saturday 27 th Oct	4	Albury 5pm	
Saturday 3 rd Nov	1	Wodonga 5pm	4 x Medley Relay (100/100/200/400)
Saturday 10 th Nov	2	Wodonga 5pm	
Saturday 17 th Nov		Wodonga 5pm	Relay Day
Tuesday 20 th Nov		Wodonga 6.30pm	10,000m Championship
Saturday 24 th Nov	3	Wodonga 5pm	
Saturday 1 st Dec	4	Wodonga 5pm	
Tuesday 4 th Dec		Wodonga 5pm	Don Sparks Steel Pentathlon * Extra event 3000m
Saturday 8 th Dec	1	Albury 5pm	4 x 100m relay High Jump 6.20pm (extra event)
Thursday 13 th Dec		Sumsion Gardens 7pm	Baker Motors 5k handicap
Saturday 15 th Dec	2	Wodonga 5pm	Christmas Break up
Saturday 5 th Jan	TBA	Wodonga 5pm	Special Program
Saturday 12 th Jan	3	Albury 5pm	Pole Vault, Steeple and Hurdles from 4pm
Thursday 17 th Jan		Ludlow Reserve 7pm	Camper Trailers Albury Wodonga 5km Handicap - Race 1
Saturday 19 th Jan	4	Wodonga 5pm	
Saturday 26 th Jan	TBA		Victorian Country Championships Bendigo
Thursday 31 st Jan		Sumsion Gardens 7pm	Camper Trailers Albury Wodonga 5km Handicap - Race 2
Saturday 2 nd Feb	1	Wodonga 5pm	4 x 400m Relay
Saturday 9 th Feb	2	Albury 5pm	
Thursday 14 th Feb		Wodonga 5pm	Wodonga Gift 5pm <i>and</i> Camper Trailers Albury Wodonga 5km handicap final 7pm
Saturday 16 th Feb	3	Wodonga 5pm	
Saturday 24 th Feb	4	Wodonga 5pm	
Saturday 2 nd March	TBA	Wodonga 5pm	Special Program / Advanced Corrective Massage 60m Championship
Saturday 9 th March		Wodonga 5pm	Presentation Night / AGM

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
4.00 pm	5.00 pm	60m	100m	Hurdles OR Javelin	Triple Jump
4.20 pm	5.20 pm	800m OR Triple Jump	Men's Discus Women's Shot Put		100m
4.40 pm	5.40 pm	Hammer	400m	100m	1500m
5.00 pm	6.00 pm	Relay	Men's Shot Put Women's Discus	Long Jump	Men's Shot Put Women's Discus
5.20 pm	6.20 pm	Javelin	High Jump 90cm OR 3000m	Long Jump OR 800m	High Jump 1.00m OR 400m
5.40 pm	6.40 pm	Javelin	High Jump OR Hammer	Hammer	High Jump OR 3000m
6.00 pm	7.00 pm	200m OR Shot Put	High Jump	200m OR Triple Jump	Men's Discus Women's Shot Put
6.20 pm	7.20 pm	5000m OR Long Jump	Long Jump	5000m OR Discus	Javelin
6.40 pm	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.
- ❖ Special programs will be announced closer to the date on events included and whether points are applicable.

Inclement weather: In the event of extreme wet weather or thunderstorm competition will be cancelled. In the event of extreme heat, competition will be postponed to Sunday morning at 8am. Notification will be published on the club Facebook page prior to the beginning of competition with every effort made to provide as much notice as possible.