



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:	Lisa McInerney	0434 974 710
Registrar:	Gavin Smith	
Publicity Officer:	Nadia Mellor Emma Aldrich	0412 174 699
General committee:		
Dennis Baker	Tim Hinds	Karen Hill
Des Rees	Simon Crocos	

For more information on:	
<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.wodongaaths.org.au Email: wodongaathletics@gmail.com</p>	
<p>Mailing Address: The Secretary Wodonga Athletic Club PO Box 736 WODONGA 3689</p>	

May 2019



Wodonga



Athletic Club

Affiliated with Athletics Victoria

ABN 965 754 969 51

TRACK & FIELD PROGRAM 2019/2020

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	\$100
Under 21	\$70
Family	\$150

Athletics Victoria Registration – completed online through AV (this includes Wodonga AC membership). 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
Les O'Brien Precinct / Alexandra Park	Cadell Street, Albury

2019-2020 Track & Field program

Date	Program	Location	Other
Saturday 5 th Oct	1	Wodonga 4pm	4 x 200m Relay
Thursday 10 th Oct		Sumsion Gardens	Round 1 Camper Trailers Albury Wodonga 5km Handicap Series
Saturday 12 th Oct	2	Wodonga 4pm	
Saturday 19 th Oct		Wodonga 5pm	COME & TRY SKILLS DAY
Thursday 24 th Oct		Ludlows Reserve	Round 2 Camper Trailers Albury Wodonga 5km Handicap Series
Saturday 26 th Oct	3	Wodonga 5pm	
Saturday 2 nd Nov	4	Albury 5pm	
Thursday 7 th Nov		Ludlows Reserve	Final Camper Trailers Albury Wodonga 5km Handicap Series
Saturday 9 th Nov	1	Wodonga 5pm	4 x Medley Relay (100/100/200/400)
Saturday 16 th Nov		Wodonga 5pm	Relay Day
Thursday 21 st Nov		Wodonga	Pearce Family 10,000m Championship
Saturday 23 rd Nov	2	Wodonga 5pm	
Saturday 30 th Nov	3	Albury 5pm	4 x 100m relay High Jump 6.20pm (extra event)
Saturday 7 th Dec	4	Wodonga 5pm	
Thursday 12 th Dec		Sumsion Gardens	Baker Motors 5km Handicap
Saturday 14 th Dec		Wodonga 5pm	Don Sparks Steel Pentathlon * Extra event 3000m
Saturday 21 st Dec	1	Wodonga 5pm	CHRISTMAS BREAK UP
Saturday 11 th Jan	3	Albury 5pm	
Saturday 18 th Jan	2	Wodonga 5pm	
Saturday 25 th Jan – Monday 27 th Jan			Victorian Country Championships, Geelong
Saturday 1 st Feb	4	Wodonga 5pm	
Sunday 2 nd Feb		Nouriel Park 8am	Cumberoona Run
Saturday 8 th Feb	1	Wodonga 5pm	4 x 400m Relay
Thursday 13 th Feb		Wodonga 5pm	Wodonga Gift 5pm
Saturday 15 th Feb	2	Wodonga 5pm	
Saturday 22 nd Feb	3	Wodonga 5pm	
Saturday 29 th Feb	4	Wodonga 5pm	
Saturday 7 th March	TBA		Special/Catch up Program
Saturday 14 th March			Special Program / Advanced Corrective Massage 60m Championship
Saturday 21 st March			Presentation/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	100m
4.20 pm	5.20 pm	800m OR Triple Jump	Men's Discus Women's Shot Put		Men's Discus Women's Shot Put
4.40 pm	5.40 pm	Javelin	400m	100m	Triple Jump
5.00 pm	6.00 pm	Javelin	Men's Shot Put Women's Discus	Long Jump	1500m
5.20 pm	6.20 pm	Relay	High Jump 90cm OR 3000m	800m	Men's Shot Put Women's Discus
5.40 pm	6.40 pm	Hammer	High Jump OR Hammer	Hammer	High Jump 1.00m OR 400m
6.00 pm	7.00 pm	200m OR Shot Put	High Jump	200m OR Triple Jump	High Jump OR 3000m
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. 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.