

## Training

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	0407 729 672
Publicity Officer:	Nadia Mellor Emma Aldrich	0412 174 699

### General committee:

Dennis Baker	Tim Hinds	Karen Hill
Des Rees	Simon Crocos	

## 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](http://www.wodongaathletics.org.au)

Email: [wodongaathletics@gmail.com](mailto:wodongaathletics@gmail.com)

### Mailing Address:

The Secretary  
Wodonga Athletic Club  
PO Box 736  
WODONGA 3689



September 2019



HEALTH THROUGH SPORT

# 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

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 (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
Les O'Brien Precinct	Cadell Street, Albury

### 2019-2020 Track & Field program

Date	Program	Location	Other
Saturday 5 <sup>th</sup> Oct	1	Wodonga 4pm	4 x 200m Relay
Thursday 10 <sup>th</sup> Oct		Sumsion Gardens	Round 1 Camper Trailers Albury Wodonga 5km Handicap Series
Saturday 12 <sup>th</sup> Oct	2	Wodonga 4pm	
Saturday 19 <sup>th</sup> Oct	3	Wodonga 5pm	
Thursday 24 <sup>th</sup> Oct		Ludlows Reserve	Round 2 Camper Trailers Albury Wodonga 5km Handicap Series
Saturday 26 <sup>th</sup> Oct	4	Wodonga 5pm	
Saturday 2 <sup>nd</sup> Nov	1	Albury 5pm	4x100m Relay
Thursday 7 <sup>th</sup> Nov		Ludlows Reserve	FINAL Camper Trailers Albury Wodonga 5km Handicap Series
Saturday 9 <sup>th</sup> Nov	2	Wodonga 5pm	
Saturday 16 <sup>th</sup> Nov		Wodonga 5pm	RELAY DAY
Thursday 21 <sup>st</sup> Nov		Wodonga	Pearce Family 10,000m Championship
Saturday 23 <sup>rd</sup> Nov	3	Wodonga 5pm	
Saturday 30 <sup>th</sup> Nov	4	Albury 4pm	2km & 3km Steeplechase 4pm
Saturday 7 <sup>th</sup> Dec	1	Wodonga 5pm	4 x Medley Relay (100/100/200/400)
Thursday 12 <sup>th</sup> Dec		Sumsion Gardens	Baker Motors 5km Handicap
Saturday 14 <sup>th</sup> Dec		Wodonga 5pm	Don Sparks Steel Pentathlon * Extra event 3000m
Saturday 21 <sup>st</sup> Dec	2	Wodonga 5pm	CHRISTMAS BREAK UP
Saturday 11 <sup>th</sup> Jan	TBA	Wodonga 5pm	Special Program
Saturday 18 <sup>th</sup> Jan	3	Albury 5pm	
Saturday 25 <sup>th</sup> Jan – 27th			Victorian Country Championships Geelong
Saturday 1 <sup>st</sup> Feb	4	Wodonga 5pm	
Sunday 2 <sup>nd</sup> Feb		Nouriel Park 8am	Cumberoona Run
Saturday 8 <sup>th</sup> Feb	1	Wodonga 5pm	4x400m Relay
Tuesday 11 <sup>th</sup> Feb		Wodonga 6pm	Veronica Foard Wodonga Gift from 6pm
Saturday 15 <sup>th</sup> Feb	2	Albury 5pm	
Saturday 22 <sup>nd</sup> Feb	3	Wodonga 5pm	
Saturday 29 <sup>th</sup> Feb	4	Wodonga 5pm	
Saturday 7 <sup>th</sup> March			Special Program / Advanced Corrective Massage 60m Championship
Saturday 14 <sup>th</sup> March			Special/Catch up Program
Saturday 21 <sup>st</sup> March			Presentation/AGM

### 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
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		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 90cm OR 400m
6.00 pm	7.00 pm	200m OR Shot Put	Long Jump	200m OR Triple Jump	High Jump OR 3000m
6.20 pm	7.20 pm	5000m OR 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.