

Training

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

Committee

Executive:

President:	Bill Pearce	(02) 6020 3258
Vice President:	Des Rees	(02) 6024 3692
Secretary:	Chris Wilson	0409 445 800
Treasurer:	Fay Pearce	(02) 6020 3258
Registrar:	Ruth Smith	0400 544 789
Publicity Officer:	Nadia Mellor	nadia.mellor@bigpond.com

General committee:

Dennis Baker	Gavin Smith	Karen Hill
Tracey Howse	Janet Crocos	Michael Howse

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.wodongaaths.org.au

Mailing Address:

The Secretary
Wodonga Athletic Club
PO Box 736
WODONGA 3689



HEALTH THROUGH SPORT

Wodonga



Athletic Club

Affiliated with Athletics Victoria

ABN 965 754 969 51

TRACK & FIELD PROGRAM

2016-2017

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	\$65
Under 21	\$45
Family	\$110

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+ and 70+)
*must be at least 12 years of age

Competition venues

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

2016-17 Track & field program			
Date	Program	Location	Other
Sunday 2 Oct	1	Wodonga 9am	4 x 100m relay
Saturday 8 Oct	2	Wodonga 5pm	
Saturday 15 Oct	3	Wodonga 5pm	
Saturday 22 Oct	4	Wodonga 5pm	
Thursday 27 Oct		Wodonga 7pm	10,000m Championship
Saturday 29 Oct	1	Albury 5pm	4 x 100m relay
Saturday 5 Nov	2	Wodonga 5pm	
Saturday 12 Nov		Wodonga 5pm	Relay day
Saturday 19 Nov	3	Albury 5pm	
Saturday 26 Nov	4	Wodonga 5pm	
Saturday 3 Dec		Wodonga 5pm	Don Sparks Steel Pentathlon – extra event 3km – 6pm
Saturday 10 Dec	1	Wodonga 5pm	4 x 200m relay
Thursday 15 Dec		Sumsion Gardens 7pm	Baker Motors 5k Handicap
Saturday 17 Dec	2	Wodonga 5pm	+Christmas break up
Saturday 7 Jan	3	Wodonga 5pm	
Saturday 14 Jan	4	Albury 5pm	4pm Pole Vault & Steeple
Thursday 19 Jan		Sumsion Gardens 7pm	Greg Simpson Financial Services 5km Handicap Round 1
Saturday 21 Jan	1	Wodonga 5pm	4 x 400m relay
Saturday 28 Jan	TBA	Wodonga	Club competition w/o pointscore for those not at Victorian Country Championships
Thursday 2 Feb		Albury 7pm	Greg Simpson Financial Services 5km Handicap Round 2
Saturday 4 Feb	2	Albury 5pm	
Saturday 11 Feb	3	Wodonga 5pm	
Thursday 16 Feb		Wodonga 5pm	5pm Wodonga Gift and 7pm Greg Simpson Financial Services 5km Handicap Final
Saturday 18 Feb	4	Wodonga 5pm	
Saturday 25 Feb	TBA	Wodonga 5pm	Special program
Saturday 4 March		Wodonga 5pm	Presentation night Advanced Corrective Massage 60m Championship
Sunday 5 March		Norieul 10am	Cumberoona Run
July		TBC	Commercial Club Fun Run

Information correct as of 12th September 2016

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 pentathlons. 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		Long Jump
5.40 pm	Hammer	Long Jump	100m	1500m
6.00 pm	Relay	400m	High Jump 90cm OR 800m	Mens Shot Put Womens Discus
6.20 pm	Javelin	Mens Shot Put Womens Discus	High Jump OR Discus	High Jump 1.00m OR 400m
6.40 pm	Javelin	High Jump 90cm OR 3000m	High Jump OR Hammer	High Jump OR 3000m
7.00 pm	200m OR Shot Put	High Jump OR Hammer	200m	Mens Discus Womens Shot Put
7.20 pm	5000m OR Long Jump	High Jump OR Triple Jump	5000m OR Triple Jump	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.
- ❖ **Wet 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.