



Albany Athletics Club Inc

2018-2019 Summer Program

(Including Saturday Track & Field, Wednesday Long Track Runs & Trail Series Runs)

Email: albanyaths@hotmail.com

Website: www.albanyathletics.com.au

Facebook: www.facebook.com/albanyaths/

EVENT START TIMES:

Saturday Track & Field

Wednesday Long Track Run

Sunday Trail Run

- First event starts at 8.45am at Clubrooms, Cnr North Rd & Sanford Rd's, Albany.

- 5.30pm at Clubrooms, Cnr North Rd & Sanford Rd's, Albany.

- 9.00am at various locations around Albany.

Event:	Date:	Event Type:	Details:
1	Sat 6 th Oct 18	Track & Field	Season Start – "Have A Go Day" – Modified Program
2	Wed 10 th Oct 18	Long Track Run	2,000m, 3,000m, 4,000m, 5,000m or 10,000m (Your Choice)
3	Sat 13 th Oct 18	Track & Field	Program 1
4	Wed 17 th Oct 18	Long Track Run	2,000m, 3,000m, 4,000m, 5,000m or 10,000m (Your Choice)
5	Sat 20 th Oct 18	Track & Field	Program 2
6	Sunday 21 st Oct 18	Trail Series Run	13km "Worner's Wander" – Terry Rd, (Off Chesterpass Rd)
	Wed 24 th Oct 18	No Athletics	NO ATHLETICS TODAY
7	Sat 27 th Oct 18	Track & Field	Program 1 with Hurdles – <i>Albany Show Weekend</i>
8	Wed 31 st Oct 18	Long Track Run	2,000m, 3,000m, 4,000m, 5,000m or 10,000m (Your Choice)
9	Sat 3 rd Nov 18	Track & Field	Program 2
10	Wed 7 th Nov 18	Long Track Run	2,000m, 3,000m, 4,000m, 5,000m or 10,000m (Your Choice)
11	Sat 10 th Nov 18	Track & Field	Program 1
12	Sunday 11 th 18	Trail Series Run	10km "Dickason's Dare" – Cnr Apex Dr & Forts Rd
	Wed 14 th Nov 18	No Athletics	NO ATHLETICS TODAY
13	Sat 17 th Nov 18	Track & Field	Program 2
14	Wed 21 st Nov 18	Long Track Run	2,000m, 3,000m, 4,000m, 5,000m or 10,000m (Your Choice)
15	Sat 24 th Nov 18	Track & Field	Program 1 with Hurdles - Plus 1,000m instead of 800m
16	Wed 28 th Nov 18	Long Track Run	2,000m, 3,000m, 4,000m, 5,000m or 10,000m (Your Choice)
17	Sat 1 st Dec 18	Track & Field	Program 2
18	Wed 5 th Dec 18	Long Track Run	2,000m, 3,000m, 4,000m, 5,000m or 10,000m (Your Choice)
19	Sat 8 th Dec 18	Track & Field	Program 1
20	Wed 12 th Dec 18	Long Track Run	2,000m, 3,000m, 4,000m, 5,000m or 10,000m (Your Choice)
21	Sat 15 th Dec 18	Track & Field	Program 2 Modified <i>Plus Special Event *Peter Watson Mile & 100 Yard Dash & Christmas Windup BBQ</i>
Summer Break - 19 th Dec 18 to 5 th Jan 19 - No Athletics - Summer Break			
22	Wed 9 th Jan 19	Long Track Run	2,000m, 3,000m, 4,000m, 5,000m or 10,000m (Your Choice)
23	Sat 12 th Jan 18	Track & Field	Program 1 with Hurdles - Plus 1,000m instead of 800m
24	Wed 16 th Jan 19	Long Track Run	2,000m, 3,000m, 4,000m, 5,000m or 10,000m (Your Choice)
	Sat 19 th Jan 19	No Athletics	NO TRACK & FIELD (<i>Volunteers are required as Albany Little Athletics are Hosting the Country Championships this weekend</i>)
25	Wed 23 rd Jan 19	Long Track Run	2,000m, 3,000m, 4,000m, 5,000m or 10,000m (Your Choice)
	Sat 26 th Jan	No Athletics	NO TRACK & FIELD – <i>Australia Day Long Weekend</i>
26	Wed 30 th Jan 19	Long Track Run	2,000m, 3,000m, 4,000m, 5,000m or 10,000m (Your Choice)
27	Sat 2 nd Feb 19	Track & Field	Program 2
28	Wed 6 th Feb 19	Long Track Run	2,000m, 3,000m, 4,000m, 5,000m or 10,000m (Your Choice)
29	Sat 9 th Feb 19	Track & Field	Program 1
30	Sunday 10 th Feb 19	Trail Series Run	14km Mountain Goat or 18km Fry's Super Goat – Gull Rock Rd
	Wed 13 th Feb 19	No Athletics	NO ATHLETICS TODAY
31	Sat 16 th Feb 19	Track & Field	Program 2
32	Wed 20 th Feb 19	Long Track Run	2,000m, 3,000m, 4,000m, 5,000m or 10,000m (Your Choice)
33	Sat 23 rd Feb 19	Track & Field	Program 1 with Hurdles - Plus 1,000m instead of 800m
34	Wed 27 th Feb 19	Long Track Run	2,000m, 3,000m, 4,000m, 5,000m or 10,000m (Your Choice)
35	Sat 2 nd Mar 19	Track & Field	Program 1 or 2 (Will decide on day) – <i>Labour Day Long Weekend</i>
36	Wed 6 th Mar 19	Long Track Run	2,000m, 3,000m, 4,000m, 5,000m or 10,000m (Your Choice)
37	Sat 9 th Mar 19	Track & Field	Program 2
38	Sunday 10 th Mar 19	Trail Series Run	New Trail ??? t/b/c
	Wed 13 ^h Mar 19	No Athletics	NO ATHLETICS TODAY
39	Sat 16 th Mar 19	Track & Field	Program 1 & 2 – Centre Championships
40	Wed 20 th Mar 19	Long Track Run	2,000m, 3,000m, 4,000m, 5,000m or 10,000m (Your Choice)
41	Sat 23 rd Mar 19	Track & Field	Program 1
42	Wed 27 th Mar 19	Long Track Run	2,000m, 3,000m, 4,000m, 5,000m or 10,000m (Your Choice)
43	Sat 30 th Mar 19	Track & Field	Program 2 - PLUS Special Event *Peter Watson H/Cap 1500m, *Decima Norman H/Cap 100m, Season Windup BBQ & Awards



Big Thank-you to our sponsors for 2018 – 2019 Please support them!

IMPORTANT INFORMATION:

ALL Events:

- To compete in any event you must be a registered annual or seasonal member or a registered visitor of Albany Athletics Club with all paperwork and fees paid for.
- An event coordinator is required at each event day to organise event sheets and ensure program runs efficiently. All completed event-recording sheets must be given to event coordinator at completion of day.
- All athletes must be a registered annual/seasonal member before they can claim any Club Records.
- *Awards and Prizes are only eligible for registered annual/seasonal members unless otherwise stipulated.
- Any cancelled or postponed event will be made at the discretion of the Albany Athletics Club Committee and/or event coordinator.
- All events require at least 1 person to record/time any event.

SATURDAY Morning Track & Field:

- On Saturday morning our Track and Field programs share the location and work along side the Albany Little Athletics Club. You must arrive early to assist and help set up for all events for both Little Athletics and Senior Athletics. All participants must help with recording and measuring of events. On Hurdles week you are responsible for setting up/packing away your own Hurdles. You must help with pack-up of all equipment for both Little Athletics and Seniors Athletics each week.
- Field Events are entitled to have six (6) attempts only if time permits otherwise a minimum of three (3) attempts.
- Events in program marked with an * require athletes to meet certain eligibility and qualifying rules & regulations set by Albany Athletics Club.
- *Peter Watson Mile & 100 Yard Dash events are only eligible for registered annual/seasonal members.
- *Peter Watson 1,500m handicap final will be taken on the athlete's fastest time throughout the season. Athletes must be a registered annual/seasonal member and competed in at least two (2) 1,500m competition events this season.
- *Decima Norman Handicap 100m sprint event is only eligible for registered annual/seasonal members.

SATURDAY MORNING TRACK & FIELD PROGRAMS

PROGRAM 1	PROGRAM 2	PROGRAM 1 With Hurdles
Shot Put	1500m	Hurdles -300mtr
800m	Long Jump	Discus
Discus	100m	Hurdles 60-110mtr
200m	Triple Jump	Shot Put
High Jump (pack it away)	60m	800m
60m	Javelin	High Jump (pack it away)
	400m	200m
		60m

WEDNESDAY Evening Track Long Runs:

- The track is available for Long Track Runs as set by Albany Athletics Clubs Long Runs Program.
- Track & Field is available for personal training on Wednesday afternoon/evenings at your own discretion. If access to clubroom and equipment is required you are responsible for arranging access with Albany Athletics Club.

REGISTRATION INFORMATION:

- All athletes who wish to become an annual or seasonal member at Albany Athletics Club must be officially registered prior to competing or entering in any event.
- Visiting athletes or non-registered members must register for a One Day Visitor Pass, by completing the "One Day Visitor Form" with the payable fee.

AGE CATEGORIES:

Under 14 (Must be age 12 or 13 years, Under 16, Under 18, Under 20, Open (21 to 29 years), 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79 etc



Big Thank-you to our sponsors for 2018 – 2019 Please support them!