



Albany Athletics Club Inc

2019-2020 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 - First event starts at 8.45am at Clubrooms, Cnr North Rd & Sanford Rd's, Albany.

Wednesday Long Track Run - Is on the 4th Wednesday of each month, except December & April.
- 5.30pm at Clubrooms, Cnr North Rd & Sanford Rd's, Albany.

Sunday Trail Run - 9.00am at various locations around Albany.

Event	Date:	Event Type:	Details:
	Sunday 20 th Oct 19	SPECIAL EVENT	PARK to POINT – 10km, 5km or 2km - Register Online
1	Wed 23 rd Oct 19	Long Track Run	2,000m, 3,000m, 4,000m, 5,000m or 10,000m (Your Choice, Must RSVP for this event)
2	Sat 26 th Oct 19	Track & Field	Program 2 - SEASON STARTS
3	Sat 2 nd Nov 19	Track & Field	Program 1 with Hurdles
4	Sat 9 th Nov 19	Track & Field	Program 2 - Albany Show Weekend
5	Sunday 10 th Nov 19	Trail Series Run	10km "Dickason's Dare" – Cnr Apex Dr & Forts Rd (Must RSVP for this Event)
6	Sat 16 th Nov 19	Track & Field	Program 1
7	Sat 23 rd Nov 19	Track & Field	Program 2
8	Wed 27 th Nov 19	Long Track Run	2,000m, 3,000m, 4,000m, 5,000m or 10,000m (Your Choice, Must RSVP for this event)
9	Sat 30 th Nov 19	Track & Field	Program 1 with Hurdles, Plus 1,000m instead of 800m
10	Sat 7 th Dec 19	Track & Field	Program 2
11	Sat 14 th Dec 19	Track & Field	Program 1 Modified, Plus Special Event *Peter Watson Mile & 100 Yard Dash & Christmas Windup BBQ
Summer Break - No Athletics from 15 th Dec 2019 to 7 th Jan 2020 - Summer Break			
12	Sat 11 th Jan 20	Track & Field	Program 1
13	Sat 18 th Jan 20	Track & Field	Program 2
14	Wed 22 nd Jan 20	Long Track Run	2,000m, 3,000m, 4,000m, 5,000m or 10,000m (Your Choice, Must RSVP for this event)
15	Sat 25 th Jan 20	No Athletics	NO TRACK & FIELD – Australia Day Long Weekend
16	Sat 1 st Feb 20	Track & Field	Program 1 with Hurdles, Plus 1,000m instead of 800m
17	Sat 8 th Feb 20	Track & Field	Program 2
18	Sunday 9 th Feb 20	Trail Series Run	12km Mountain Goat or 18km Fry's Super Goat – Gull Rock Rd (Must RSVP for this Event)
19	Sat 15 th Feb 20	Track & Field	Program 1
20	Sat 22 nd Feb 20	Track & Field	Program 2
22	Wed 26 th Feb 20	Long Track Run	2,000m, 3,000m, 4,000m, 5,000m or 10,000m (Your Choice, Must RSVP for this event)
22	Sat 29 th Feb 20	Track & Field	Program 1 or 2 (Decide on the day) (No Little Aths) - Labour Day Long Weekend
23	Sat 7 th Mar 20	Track & Field	Program 1 with Hurdles, Plus 1,000m instead of 800m
24	Sunday 8 th Mar 20	Trail Series Run	11km - Luke Pen Trail – East Bank Rd Kalgan (Must RSVP for this Event)
25	Sat 14 th Mar 20	Track & Field	Program 2
26	Sat 21 st Mar 20	Track & Field	Program 1 or 2 (Little Aths Centre Champs do Prog 1 & 2, we will only do 1, decide on the day)
27	Wed 25 th Mar 20	Long Track Run	2,000m, 3,000m, 4,000m, 5,000m or 10,000m (Your Choice, Must RSVP for this event)
28	Sat 28 th Mar 20	Track & Field	Program 1
29	Sat 4 th April 20	Track & Field	Program 2 Modified - PLUS Special Event *Peter Watson H/Cap 1500m, *Decima Norman H/Cap 100m, Season Windup BBQ & Awards - END OF SEASON



Big Thank-you to our sponsors for 2019 – 2020 Please support them!

IMPORTANT INFORMATION:

SATURDAY Morning Track & Field:

- First event starts at 8.45am at Clubrooms, Cnr North Rd & Sanford Rd's, Albany.
- The Saturday morning Track and Field program shares the location and works 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.
- If Albany Little Athletics Club has set up their Track Timing equipment they may offer to time our Track events. If not you will require Volunteers to time athletes using Club Stop Watches (Organise at your own discretion)
- All Field events are entitled to have six (6) attempts ONLY if time permits otherwise a minimum of three (3) attempts.
- Special 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, Peter Watson Handicap and Decima Norman Handicap events are only eligible to registered members. (Visitors are not eligible)
- *Peter Watson 1,500m handicap event 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 current season.

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:

- Event starts at 5.30pm at Clubrooms, Cnr North Rd & Sanford Rd's, Albany.
- The track is available for the priority of the Long Track Runs as set by Albany Athletics Clubs Long Runs Program.
- Wednesday Long Track runs will be held on the 4th Wednesday of every month. (Except December & April)
- You must RSVP for each Wednesday event and a minimum of 4 participants are required for event to proceed.
- The Oval is also available for athletes training on Wednesday afternoon/evenings at your own discretion from 5.00pm – 7.30pm. If access to clubroom and equipment is required you are responsible for arranging access with Albany Athletics Club. (Please remember that any programed event will take priority.)

SUNDAY Summer Trail Runs:

- Summer Trail runs operate at various locations around Albany. Event Run starts at 9.00am unless otherwise stated.

For ALL Events:

- To compete in any event you must be a registered 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, recording and ensure program runs efficiently.
- All Members must be registered, which includes completed application and all fees paid in full to claim any Club records.
- *Awards and Prizes are only eligible for registered 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.
- Age Categories Are: 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

REGISTRATION INFORMATION:

- All athletes who wish to become a member at Albany Athletics Club must be officially registered prior to competing or entering in any event.
- Visiting athletes must register for a One Day Visitor Pass, by completing the "One Day Visitor Form" with the payable fee.
- Our preferred method of Membership Registration is via our online registration platform. Find the link via our website.



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