



Albany Athletics Club Inc
2020-2021 Track & Field Summer Programme
 (including Saturday Track & Field & Wednesday Long Track Run)
 Email: albanayaths@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 Club Rooms, Cnr North Rd & Sanford Rd's, Albany.
- **Wednesday Long Track Run** – On the 4th Wednesday of each month (except December), 5.30pm at Club Rooms, Cnr North Rd & Sanford Rd's, Albany.

Event	Date:	Event Type:	Details:
1	Sat 17 th Oct 20	Track & Field	Program 1 - SEASON STARTS
2	Sat 24 th Oct 20	Track & Field	Program 2
3	Wed 28 th Oct 20	Long Track Run	2,000m, 3,000m, 4,000m, 5,000m or 10,000m (Your Choice, Must RSVP for this event)
4	Sat 31 st Oct 20	Track & Field	Program 1 - with Hurdles
5	Sat 7 th Nov 20	Track & Field	Program 2
6	Sat 14 th Nov 20	Track & Field	Program 1 – introduction Walks
7	Sat 21 st Nov 20	Track & Field	Program 2
8	Wed 25 th Nov 20	Long Track Run	2,000m, 3,000m, 4,000m, 5,000m or 10,000m (Your Choice, Must RSVP for this event)
9	Sat 28 th Nov 20	Track & Field	Program 1 - with Hurdles
10	Sat 5 th Dec 20	Track & Field	Program 2
11	Sat 12 th Dec 20	Track & Field	Program 1 Modified - Plus Special Event *Peter Watson Mile & 100 Yard Dash & Christmas Wind-up BBQ
Summer Break - No Athletics on 19 th Dec & 26 th Dec 2020 or 2 nd Jan 2021 - Summer Break			
12	Sat 9 th Jan 21	Track & Field	Program 1 – introduction Walks
13	Sat 16 th Jan 21	Track & Field	Program 1 or 2 (decide on the day) (No Albany Little Athletics - Country Championships in Bunbury)
14	Sat 23 rd Jan 21	Track & Field	Program 2
15	Wed 27 th Jan 21	Long Track Run	2,000m, 3,000m, 4,000m, 5,000m or 10,000m (Your Choice, Must RSVP for this event)
16	Sat 30 th Jan 21	Track & Field	Program 1 - with Hurdles
17	Sat 6 th Feb 21	Track & Field	Program 2
18	Sat 13 th Feb 21	Track & Field	Program 1
19	Sat 20 th Feb 21	Track & Field	Program 2 (Albany Little Athletics Centre Championships Day 1)
20	Wed 24 th Feb 21	Long Track Run	2,000m, 3,000m, 4,000m, 5,000m or 10,000m (Your Choice, Must RSVP for this event)
21	Sat 27 th Feb 21	Track & Field	Program 1 or 2 (decide on the day) (No Albany Little Athletics) – Labour Day Long Weekend
22	Sat 6 th Mar 21	Track & Field	Program 1 - with Hurdles (Albany Little Athletics Centre Championships Day 2)
23	Sat 13 th Mar 21	Track & Field	Program 2 (Albany Little Athletics Centre Championships Back-up Date)
24	Sat 20 th Mar 21	Track & Field	Program 1 (Albany Little Athletics State Championships - Program 1)
25	Wed 24 th Mar 21	Long Track Run	2,000m, 3,000m, 4,000m, 5,000m or 10,000m (Your Choice, Must RSVP for this event)
26	Sat 27 th Mar 21	Track & Field	Program 2 Modified - Plus Special Event *Peter Watson H/Cap 1500m, *Decima Norman H/Cap 100m, Season Wind-up BBQ & Awards - SEASON ENDS -

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 alongside 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. Walks will be introduced this season but not officially recorded. If it is popular with athletes, then race walking will be fully incorporated into the Track & Field Summer program for the next Track & Field season. 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 1 with Hurdles	PROGRAM 2
Shot Put	Hurdles -300mtr	1500m
800m or 1,000m	Discus	Long Jump
Discus	Hurdles 60-110mtr	100m
200m	Shot Put	Triple Jump
High Jump (Pack it away)	800m and 1,000m	60m
60m	High Jump (Pack it away)	Javelin
	200m	400m
	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).
- 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 Club Rooms 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 Series Runs:

- There will be no Summer Trail Series runs this season.

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.
- A Track & Field 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 Track & Field 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 Register Now. Find the link for membership registration via our website.