



Albany Athletics Club Inc

2021-2022 Summer Track & Field Program

(including Saturday Competition Track & Field, Tuesday Social Run/Walk, Wednesday Training & 1st Wednesday evening of each month Competition Long Distance Track Run/Walk)

Email: albanyaths@hotmail.com

Website: www.albanyathletics.com.au

Facebook page: www.facebook.com/albanyaths/

Facebook group: <https://www.facebook.com/groups/albanyaths>

LOCATION:

Albany Athletics Club Rooms, Mike Biddulph Athletics Ground, cnr North Rd & Sanford Rd, Albany WA 6330

EVENT START TIMES:

- **Saturday morning – Track & Field Competition** – warm-up from 8:30am, first event starts at 8:45am
- **Tuesday morning – Social Run/Walk** – warm-up from 6:30am, run & walk starts at 6:45am
- **Wednesday evening – Track & Field Training** – warm-up from 5:15pm, training starts at 5:30pm
- **4th Wednesday evening of each month (except December) – Long Distance Track Run & Walk Competition** – warm-up from 5:15pm, all events start at 5:30pm

EVENT:	DATE:	EVENT TYPE:	DETAILS:
1	Sat 9 th Oct 21	Track & Field Competition	<u>ORIENTATION & REGISTRATION DAY</u> Have-a-go, hear about our Club & support with registration
2	Tue 12 th Oct 21	Social Run/Walk	Meet at the Club Rooms – 2.5km course loop, run for 30mins
3	Wed 13 th Oct 21	Track & Field Training	Training – sprints, middle distance & long distance track running, jumps, throws
4	Sat 16 th Oct 21	Track & Field Competition	SEASON STARTS Program 1 – choice of 1500m, long jump, 100m, triple jump, 60m, javelin, 400m
5	Tue 19 th Oct 21	Social Run/Walk	Meet at the Club Rooms – 2.5km course loop, run for 30mins
6	Wed 20 th Oct 21	Track & Field Training	Training – sprints, middle distance & long distance track running, jumps, throws
7	Sat 23 rd Oct 21	Track & Field Competition	Program 2 with hurdles – choice of hurdles 200-400m, shot put, hurdles 80-110m, discus, 800m or 1000m, 200m, high jump
8	Tue 26 th Oct 21	Social Run/Walk	Meet at the Club Rooms – 2.5km course loop, run for 30mins
9	Wed 27 th Oct 21	Long Distance Track Run/Walk Competition	Choice of 1500m, 2000m, 3000m, 4,000m, 5,000m or 10,000m (you <u>must</u> RSVP for this event)
10	Sat 30 th Oct 21	Track & Field Competition	Program 1 – choice of 1500m, long jump, 100m, triple jump, 60m, javelin, 400m
11	Tue 2 nd Nov 21	Social Run/Walk	Meet at the Club Rooms – 2.5km course loop, run for 30mins
12	Wed 3 rd Nov 21	Track & Field Training	Training – sprints, middle distance & long distance track running, jumps, throws
13	Sat 6 th Nov 21	Track & Field Competition	Program 2 with hurdles – choice of hurdles 200-400m, shot put, hurdles 80-110m, discus, 800m or 1000m, 200m, high jump
14	Tue 9 th Nov 21	Social Run/Walk	Meet at the Club Rooms – 2.5km course loop, run for 30mins
15	Wed 10 th Nov 21	Track & Field Training	Training – sprints, middle distance & long distance track running, jumps, throws
16	Sat 13 th Nov 21	Track & Field Competition	Program 1 – choice of 1500m, long jump, 100m, triple jump, 60m, javelin, 400m
17	Tue 16 th Nov 21	Social Run/Walk	Meet at the Club Rooms – 2.5km course loop, run for 30mins
18	Wed 17 th Nov 21	Track & Field Training	Training – sprints, middle distance & long distance track running, jumps, throws
19	Sat 20 th Nov 21	Track & Field Competition	Program 2 with hurdles – choice of hurdles 200-400m, shot put, hurdles 80-110m, discus, 800m or 1000m, 200m, high jump
20	Tue 23 rd Nov 21	Social Run/Walk	Meet at the Club Rooms – 2.5km course loop, run for 30mins
21	Wed 24 th Nov 21	Long Distance Track Run/Walk Competition	Choice of 1500m, 2000m, 3000m, 4,000m, 5,000m or 10,000m (you <u>must</u> RSVP for this event)

22	Sat 27 th Nov 21	Track & Field Competition	Program 1 – choice of 1500m, long jump, 100m, triple jump, 60m, javelin, 400m
23	Tue 30 th Nov 21	Social Run/Walk	Meet at the Club Rooms – 2.5km course loop, run for 30mins
24	Wed 1 st Dec 21	Track & Field Training	Training – sprints, middle distance & long distance track running, jumps, throws
25	Sat 4 th Dec 21	Track & Field Competition	Program 2 with hurdles – choice of hurdles 200-400m, shot put, hurdles 80-110m, discus, 800m or 1000m, 200m, high jump
26	Tue 7 th Dec 21	Social Run/Walk	Meet at the Club Rooms – 2.5km course loop, run for 30mins
27	Wed 8 th Dec 21	Track & Field Training	Training – sprints, middle distance & long distance track running, jumps, throws
28	Sat 11 th Dec 21	Track & Field Competition	*SPECIAL EVENTS (Albany) - Peter Watson Mile 1500m, 100 Yard Dash (91.44m), Team Relays & Christmas Wind-up BBQ*
29	Tue 14 th Dec 21	Social Run/Walk	Meet at the Club Rooms – 2.5km course loop, run for 30mins
30	Wed 15 th Dec 21	Track & Field Training	Training – sprints, middle distance & long distance track running, jumps, throws
Summer Break - No Athletics from 16 th Dec 2021 – 3 rd Jan 2022 - Summer Break			
31	Tue 4 th Jan 22	Social Run/Walk	Meet at the Club Rooms – 2.5km course loop, run for 30mins
32	Wed 5 th Jan 22	Track & Field Training	Training – sprints, middle distance & long distance track running, jumps, throws
33	Sat 8 th Jan 22	Track & Field Competition	SEASON RESUMES Program 1 – choice of 1500m, long jump, 100m, triple jump, 60m, javelin, 400m
34	Tues 11 th Jan 22	Social Run/Walk	Meet at the Club Rooms – 2.5km course loop, run for 30mins
35	Wed 12 th Jan 22	Track & Field Training	Training – sprints, middle distance & long distance track running, jumps, throws
36	Sat 15 th Jan 22	Track & Field Competition (NO LITTLE ATHS)	*SPECIAL EVENT - Albany Outdoor Pentathlon* Male events: long jump, javelin, 200m, discus, 1500m Female events: 100m, shotput, long jump, javelin, 800m
37	Tue 18 th Jan 22	Social Run/Walk	Meet at the Club Rooms – 2.5km course loop, run for 30mins
38	Wed 19 th Jan 22	Track & Field Training	Training – sprints, middle distance & long distance track running, jumps, throws
39	Sat 22 nd Jan 22 Sat 22 nd & Sun 23 rd Jan 22	Track & Field Competition	Program 2 with hurdles – choice of hurdles 200-400m, shot put, hurdles 80-110m, discus, 800m or 1000m, 200m, high jump *SPECIAL EVENT (Perth) – WA Combined Events Championships* (Saturday 22 nd & Sunday 23 rd Jan)
40	Tue 25 th Jan 22	Social Run/Walk	Meet at the Club Rooms – 2.5km course loop, run for 30mins
41	Wed 26 th Jan 22	Long Distance Track Run/Walk Competition	Choice of 1500m, 2000m, 3000m, 4,000m, 5,000m or 10,000m (you <u>must</u> RSVP for this event)
42	Sat 29 th Jan 22	Track & Field Competition	Program 1 – choice of 1500m, long jump, 100m, triple jump, 60m, javelin, 400m
43	Tue 1 st Feb 22	Social Run/Walk	Meet at the Club Rooms – 2.5km course loop, run for 30mins
44	Wed 2 nd Feb 22	Track & Field Training	Training – sprints, middle distance & long distance track running, jumps, throws
45	Sat 5 th Feb 22	Track & Field Competition	Program 2 with hurdles – choice of hurdles 200-400m, shot put, hurdles 80-110m, discus, 800m or 1000m, 200m, high jump
46	Tue 8 th Feb 22	Social Run/Walk	Meet at the Club Rooms – 2.5km course loop, run for 30mins
47	Wed 9 th Feb 22	Track & Field Training	Training – sprints, middle distance & long distance track running, jumps, throws
48	Sat 12 th Feb 22	Track & Field Competition	Program 1 – choice of 1500m, long jump, 100m, triple jump, 60m, javelin, 400m
49	Tue 15 th Feb 22	Social Run/Walk	Meet at the Club Rooms – 2.5km course loop, run for 30mins
50	Wed 16 th Feb 22	Track & Field Training	Training – sprints, middle distance & long distance track running, jumps, throws

51	Sat 19 th Feb 22 Fri 18 th – Sun 20 th Feb 22	Track & Field Competition	Program 2 with hurdles – choice of hurdles 200-400m, shot put, hurdles 80-110m, discus, 800m or 1000m, 200m, high jump *SPECIAL EVENT (Perth) – WA State Track & Field Championships* (Friday 18 th - Sunday 20 th Feb)
52	Tue 22 nd Feb 22	Social Run/Walk	Meet at the Club Rooms – 2.5km course loop, run for 30mins
53	Wed 23 rd Feb 22	Long Distance Track Run/Walk Competition	Choice of 1500m, 2000m, 3000m, 4,000m, 5,000m or 10,000m (you <u>must</u> RSVP for this event)
54	Sat 26 th Feb 22 Sun 27 th Feb 22	(NO ALBANY ATHS)	*SPECIAL EVENT (Perth) - MAWA State Championships* - 5,000m, Pentathlon, Throws Pentathlon, High Jump (Sunday 27 th Feb)
55	Tues 1 st Mar 22	Social Run/Walk	Meet at the Club Rooms – 2.5km course loop, run for 30mins
56	Wed 2 nd Mar 22 Thu 3 rd Mar 22	Track & Field Training	Training – sprints, middle distance & long distance track running, jumps, throws *SPECIAL EVENT (Perth) - MAWA State Championships* - 10,000m (Thursday 3 rd March)
57	Sat 5 th Mar 22	Track & Field Competition (PUBLIC HOLIDAY WEEKEND)	Program 1 or 2 (no hurdles) - choice of 1500m, 800m or 1000m, 400m, 200m, 100m, 60m, long jump, triple jump, high jump, javelin, shot put, discus
58	Tue 8 th Mar 22	Social Run/Walk	Meet at the Club Rooms – 2.5km course loop, run for 30mins
59	Wed 9 th Mar 22 Thu 10 th Mar 22	Track & Field Training	Training – sprints, middle distance & long distance track running, jumps, throws *SPECIAL EVENT (Perth) – MAWA State Championships* - Steeplechase (Thursday 10 th March)
60	Sat 12 th & Sun 13 th Mar 22	(NO ALBANY ATHS)	*SPECIAL EVENT (Perth) - MAWA State Championships* Main weekend (Saturday 12 th & Sunday 13 th March)
61	Tue 15 th Mar 22	Social Run/Walk	Meet at the Club Rooms – 2.5km course loop, run for 30mins
62	Wed 16 th Mar 22	Track & Field Training	Training – sprints, middle distance & long distance track running, jumps, throws
63	Sat 19 th Mar 22	Track & Field Competition	Program 2 with hurdles – choice of hurdles 200-400m, shot put, hurdles 80-110m, discus, 800m or 1000m, 200m, high jump
64	Tue 22 nd Mar 22	Social Run/Walk	Meet at the Club Rooms – 2.5km course loop, run for 30mins
65	Wed 23 rd Mar 22	Long Distance Track Run/Walk Competition	Choice of 1500m, 2000m, 3000m, 4,000m, 5,000m or 10,000m (you <u>must</u> RSVP for this event)
66	Sat 26 th Mar 22	Track & Field Competition	SEASON ENDS *SPECIAL EVENTS (Albany) - Peter Watson H/Cap 1500m, Decima Norman H/Cap 100m, Team Relays, Track & Field Season Wind-up BBQ & Club Awards*

** NOTE: March 2022 (TBC) - Australian Track and Field Championships – Junior and Open
23-30 April 2022 – Australian Masters Games **

IMPORTANT INFORMATION

SATURDAY Morning – Track & Field Competition:

- Warm-up starts at 8:30am at the Mike Biddulph Athletics Ground, cnr North Rd & Sanford Rd, Albany.
- The first event starts at 8:45am sharp (see Summer Track & Field program for the list of events).
- The Albany Athletics Club shares the use of the Athletics Ground and Club Rooms with the Albany Little Athletics Club. The two Clubs work closely together to:
 - organise line marking for the track and field events
 - plan a two-week rotation athletics program
 - set up the Track & Field equipment each Saturday morning
 - rotate through Little Athletics Club & Albany Athletics Club events smoothly
 - pack away Track & Field equipment
 - clean the Club Rooms at the end of the morning
- Participants must arrive early to offer help with setting up and packing away Track & Field equipment for both Little Athletics Club & Albany Athletics Club.
- Participants must offer help with cleaning the Club Rooms at the end of the morning (a roster may be put in place).
- On hurdles mornings, participants are responsible for setting up and packing away their own hurdles. If participants are present on hurdles mornings, they must offer help with setting up and packing away all the hurdles to minimise delays.
- If Albany Little Athletics Club has set up their Track Timing Gates equipment, they will time our track events. If they have not, volunteers will be required to time participants using Club stop watches.
- Participants must offer help with measuring and recording results for jumps and throws events.
- Track & Field competition results will be available for participants after each event morning.
- All Field events are entitled to have six (6) attempts **ONLY** if time permits otherwise a minimum of three (3) attempts.
- Only participants with annual 12-month memberships, Summer Track & Field season memberships and life memberships (must be elected members of Albany Athletics Club) are permitted to hold Club records and have their names and results included in the Club records.
- Special Events held in Albany in the Summer Track & Field program require participants to meet certain eligibility requirements set out by the Albany Athletics Club:
 - Only participants with registered annual 12-month memberships, Track & Field season memberships or Life memberships are eligible to participate in Special Events and receive awards & prizes for these events - Peter Watson Mile, 100 Yard Dash, Peter Watson 1500m Handicap and Decima Norman 100m Handicap. PLEASE NOTE: visitors with a one(1)-day visitor membership are not eligible to enter or receive prizes & awards.
 - The starting time for each participant in the Peter Watson 1500m Handicap event will be worked out by the Club according to the participant's fastest 1500m time during the current season. Participants must have competed in at least two (2) 1500m competition events during the current season to be eligible to participate in the event and receive Club awards & prizes.
 - The start line for each participant in the Decima Norman 100m Handicap event will be worked out by the Club according to the participant's fastest 100m time during the current season. Participants must have competed in at least two (2) 100m competition events during the current season to be eligible to participate in the event and receive Club awards & prizes.

SATURDAY Morning - Track & Field Programs:

Albany Athletics Club works in partnership with Albany Little Athletics Club to provide a two-week rotation of athletics programs (except for scheduled Special Events). Participants are welcome to pick and choose events. Visitors are welcome to try events.

PROGRAM 1	PROGRAM 2 with Hurdles
1500m	Hurdles 200-400m
Long Jump	Shot Put
100m	Hurdles 80-110m
Triple Jump	Discus
60m	800m or 1000m
Javelin	200m
400m	High Jump (Pack it away)

TUESDAY Morning - Social Run & Walk:

- Warm-up starts at 6:30am, meeting at the front of the Albany Athletics Club Rooms, cnr North Rd & Sanford Rd, Albany.
- The Social Run & Walk event starts at 6:45am sharp.
- The course is a 2.5km loop starting on the grass at the front of the Club Rooms, then along a flat paved path around the athletics ground and cricket/soccer grounds.
- Participants run for 30 mins and can choose their own distance.
- Participants can run & walk at their own pace.
- The event will not be timed by the Club.
- Toilets will be available.



WEDNESDAY Evening – Track & Field Training:

- Warm-up starts at 5:15pm at the Mike Biddulph Athletic Ground, cnr North Rd & Sanford Rd, Albany.
- Training runs for one hour starting at 5:30pm and finishing at 6:30pm.
- The athletics ground, track and jump pits are available for participants who are training for running, jumping and throwing events, however on the 4th Wednesday of each month (except December), participants competing in the Long Distance Track Run & Walk events will be given first priority over the use of the track).
- Training clinics run by qualified athletics coaches will be available on some Wednesday evening trainings during the Summer Track & Field season (dates TBC).
- Track & Field equipment will be made available for participants during the one-hour training session. Participants are also welcome to bring their own equipment.
- All equipment owned by Albany Athletics Club must be well looked after and returned in good clean condition. It is important that any faulty or broken equipment is declared to a member of the committee.
- Toilets will be available.

WEDNESDAY Evening – Long Distance Track Run & Walk Competition:

- Wednesday evening Long Distance Track Run & Walk competitions will be held on the 4th Wednesday of each month (except December).
- Warm-up starts at 5:15pm at the Mike Biddulph Athletics Ground, cnr North Rd & Sanford Rd, Albany.
- All long distance track running & walking events start at 5.30pm sharp.
- Participants can choose their run or walk distance – 1500m, 2000m, 3000m, 4000m, 5000m or 10000m.
- Participants must RSVP for each Long Distance Track Run & Walk competition event on the Club's Facebook page or via the Club's email albanyaths@hotmail.com (with a mention of your nominated distance) as a minimum of 4 participants and an adequate number of volunteers are required for the evening to proceed.
- Runs & walks will be timed using Club stop watches and results will be available for participants after each event.
- Toilets will be available.

For ALL Events:

- To participate in Club events, you must be a registered member or visitor of Albany Athletics Club.
- To hold a Club record and have your name and results included in the Club records, you must have an annual 12-month membership, Track & Field season membership, Life membership or Little Athletics Dual membership. PLEASE NOTE: you cannot hold a Club record if you have a one (1)-day visitor membership.
- Club awards & prizes are only eligible for participants with an annual 12-month membership, Summer Track & Field season membership, Life membership or Little Athletics dual membership. PLEASE NOTE: you are not eligible for Club awards & prizes if you have a one (1)-day visitor membership.
- A Track & Field Coordinator is required on each event day to manage volunteers setting up the Track & Field equipment for all events, organise event recording sheets, manage the recording of results, liaise with Albany Little Athletics Club delegates, and ensure the competition morning runs efficiently and smoothly.
- 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 one (1) person to time, measure or record each event.
- Age categories are: Under 12 (must be 11 years of age by Dec 31st 2021 and must be turning 12 by Dec 31st 2022), Under 13, Under 14, 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, 80-84 etc.

Registration Information:

- All participants who wish to become a member of Albany Athletics Club must be registered online prior to competing in any event.
- Visitors must register for a Visitor day membership on the day of the event, by completing the "One (1) Day Visitor Form" and paying the \$5 one (1) -day visitor membership fee with cash or bank transfer (please ask a committee member for our Club bank account details).
- Our preferred method of membership registration is via the online registration platform "Register Now". The link for registration can be found on our website: www.albanyathletics.com.au
- We require all participants (including any participants under the age of 18 years who you are responsible for) to ensure they are adequately warmed-up, competent, fit and adequately trained to safely participate in our Club events.
- If you have any health condition/s which may require Club officials to provide assistance when you participate in Club events, you MUST provide details when asked during the online registration process and where appropriate, notify Club officials on event days.

Merchandise: (uniforms optional)

- We have available for purchase Club singlets, T-Shirts, jumper hoodies and caps in limited sizes for Men, Women and Children (special discounts for annual 12-month members, Track & Field season members, Winter Cross-Country members and Life members. PLEASE NOTE: participants with Visitor day memberships will not receive a discount.
- Club merchandise can ONLY be purchased on event days.
- Payment can be made with cash or via bank transfer (please ask a committee member for our Club bank details).
- To have a look at our Club merchandise, visit our "Shop" on our website at www.albanyathletics.com.au (PLEASE NOTE: you cannot purchase online).
- We encourage participants to wear our Club merchandise on event days, at the Elleker Running Festival, at our social events, at other athletics or running events, or just around town to increase our Club's visibility in the community!