



VICTORIAN MASTERS ATHLETIC CLUB

MENTONE VENUE

Dolamore Reserve, Mentone
Wednesdays - 7pm to 9pm

Winter Program 2009



Venue Managers: Ted McCoy 9583 3280 Ashley Page - 9521 6070 Ian Cassell - 9583 3440

Date	Sprint 1	Middle Distance	Sprint 2	Distance		Walk
May	6	400m Walk	1500m S/H	* AE 100m E.T. *	3 km E.T.	T 3000m / 5000m
	13		* AE 900m E.T. *	150m E.T.	4 laps (3.336k)	R <u>5 Lap Spiral E.T.</u>
	20	400m H/C 600m Walk	1200m E.T.	<u>60m E.T.</u>	* AE 4 km E.T. *	T 2000m H/C
	27		<u>800m S/H</u>	200m E.T.	5 km E.T.	R * AE 3000 m E.T. * Frank McGuire Trophy
June	3	800m Walk	1500m E.T.	100m H/C	3 km/ 6km	T 1.5 mile E.T.
	10	AE 300m H/C	1000m S/H	70m E.T.	* AE 8laps(6.7k) E.T. *	R 2000m/ 4000m
	17	400m Walk	* AE 1 mile E.T. *	200m H/C	4 km E.T.	T 1500m/ 5000m E.T.
	24		800m H/C	250m E.T.	<u>Point Score Series</u> Event 1: 5 km E.T.	R * AE 2000m E.T. *
July	1	<u>400m E.T.</u> 600m Walk	1200m E.T.	60m E.T.	Event 2: 3 km E.T.	T 1 mile/ 2 mile
	8		<u>Point Score Series</u> Event 1: 900m E.T.	*AE 200m H/C*	AE 4laps(3.336k)E.T. *	R 2000m/ 4000m
	15	800m Walk	Event 2: 1500m E.T.	110m E.T.	4 km	T <u>5 Lap Spiral E.T.</u>
	22		800m S/H	500m E.T.	5km/ 10km	R 1500m/ 3000m
	29	400m Walk	* AE 1500m H/C *	150m E.T.	3 km S/H	T * AE 3000m H/C *
Aug	5		1000m E.T.	100m H/C	Relay 2x 4 laps	R 1 mile/ 2 mile
	12	300m E.T. 600m Walk	1 mile S/H	*AE 70m E.T.*	* AE 4 km E.T. *	T 2000m/ 4000m E.T.
	19		* AE 800m E.T. *	110m E.T.	8 laps (6.7km)	R 5 Lap Spiral E.T.
	26	800m Walk	1500m H/C	200m E.T.	3 km S/H	T * AE 2000m E.T. *

<u>COMING EVENTS</u>		<u>LEGEND</u>	
9 May	AV & VMA Cross Country Championships Lardner Park, Warragul	AG%	Age Graded %
14 June	VMA 10km Cross Country Yarra Bend National Park, 10.00 am	E.D.	Estimated Distance
28 June	VMA 20km Walk Middle Park	E.T.	Estimated Time
26 July	Eric Greaves 10km Braeside, 10.00 am	H/C	Handicap
16 Aug	VMA 10 Mile Race Walk Middle Park	S/H	Self Handicap
16 Aug	VMA 10 Miles Princes Park, 10.00 am	R	Road
		T	Track
		AE	Aggregate Event
		<u>underlined</u>	Trophy Event