

VMA THROWERS GROUP

Sunday Competition and Training Dates 2018

Duncan MacKinnon Park

12.45 warm-up - start 1 pm (unless stated otherwise)

| DATE | PROGRAM | NOTES |
|------------------------|-------------------------------------------------------------------|--------------------------------------------------------------------|
| 7 Jan | Training | Mentone |
| 14 Jan | Training | Mentone |
| 28 Jan | Training | Mentone |
| 4 Feb | Throws Pentathlon | Mentone |
| 11 Feb | Training | Mentone Throwers AGM |
| 18 Feb | Throws Pentathlon | Mentone |
| 25 Feb | Training | Mentone |
| 4 March | VMA T & F Pentathlon Champs | 12 noon; Doncaster |
| 4 March | Working Bee - Duncan Mackinnon Park | 10:30 am start |
| 18 March | VMA Throws Pentathlon Champs | Nunawading; 10 am start |
| 24/25 March | Victorian Masters T & F Championships | Doncaster – Start 10.00 am Sat |
| 30 Mar - 2 April | Easter | |
| 15 April | Training – record attempts | Which throws must be advised |
| 26 - 29 April | AMA Championships | Perth |
| 6 May | Throws Pentathlon | |
| 20 May | Training - Hammerfest/Shotarama | |
| 3 June | Throws pentathlon | |
| 24 June | Training – record attempts | Which throws must be advised |
| 8 July | Throws pentathlon | |
| 22 July | Training | |
| 5 August | Throws Pentathlon | |
| 19 August | Winter Throws Pentathlon Championships | 12 Noon start |
| 26 August | Training plus heavy weights (56 & 100 lb) | Record attempts for 56 & 100 lb |
| 9 September | Throws Pentathlon | |
| 23 September | Heavy Weight Pentathlon / 56lb /100lb | |
| 29 Sept – 1 Oct | 22nd National Winter Throwing Champs | Wollongong |
| 14 October | Throws Pentathlon | |
| 29 October | Training - Discorama | |
| 11 November | Throws pentathlon | |
| 25 November | Training | |
| 9 December | Throws Pentathlon # incorporating extra 3 throws in discus | 12 noon start. # Ilmars Mancs Trophy followed by BBQ |

On training days competitors can practice any throws and opt to throw heavier or lighter weights. No official measurements or records can be claimed on those days.

For 2018 we may consider organising a couple of special record days on which we expect the participants to help set up before and after the event. The Throw event must be advised so numbers are appropriate.

All athletes are expected to **HELP** with the setting up and running of the events.

If weather inclement, program may be cancelled. Ring Graeme or Astrid at home (9836 2350) before 11.30am (we will go to the ground anyway). **Note: *Competition is cancelled if at 9 am the forecast is for 35°C or higher*** – this is our risk management “heat out” policy. **This does not apply to Championships.**

Cost per Sunday
\$3 for members of the throwers group and \$5 for non-members.
Membership of Throwers Group \$5
Everyone must be a member of Vic Masters Athletics.

Victorian uniform

This must be worn for VMA summer and winter championships, at the AMA National T & F Championship and AMA Winter Throws. Purchase from Ewen Wilson (Ph 9529 5260; Mobile 0423 424 185) or at Championships.

After competition cuppa

At the conclusion of our competition or training/coaching session we gather for a cuppa (**biscuits provided from funds. However donation of cake most welcome on special occasions**). This is an appropriate time to bring forward new ideas and suggestions and to relax socially after the competition.

2016 Committee members:

| | | |
|--------------------------------|------------|---------------------------------------------|
| Graeme Rose (President) | 9836 2350 | |
| Ken Priestley (vice-President) | 0417134601 | David Wookey (committee member) 9876 1119 |
| | | Russell Devine (Coaching) 9374 1448 |
| Astrid Rose (Treasurer) | 9836 2350 | Andy Pollock (Coaching) |
| | | Judy Pfanner (Newsletter Editor) 0414950158 |

VMA Representative: Graeme Rose

Feel free to contact any of the above if you have any problems or issues you would like to discuss or if you have any suggestions to make.

Annual Christmas BBQ:

This will be immediately after the TP / Ilmars Mancs trophy on the 9 th December. We also have a Christmas Hamper raffle for which donations are eagerly sought.