

# VMA THROWERS GROUP

## Sunday Competition and Training Dates 2019

Duncan Mackinnon Park

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

DATE	PROGRAM	NOTES
6 Jan	Training	
13 Jan	Training	
27 Jan	Training	<b>Plus heavy weights</b>
3 Feb	Throws Pentathlon	
10 Feb	Training	<b>Throwers AGM</b>
24 Feb	Throws Pentathlon	
3 March	Throws Pentathlon	
<b>17 March</b>	<b>VMA T &amp; F Champs</b>	<b>Working Bee: 10.00 am start</b>
<b>23/24 March</b>	<b>Masters T &amp; F Championships</b>	<b>Doncaster – Start 10.00 am Sat</b>
<b>31 March</b>	<b>VMA TP Champs Duncan Mackinnon</b>	<b>10.00 am start</b>
7 April	Throws Pentathlon	
19 – 22 April	<b>Easter</b>	
<b>26 - 29 April</b>	<b>AMA Championships</b>	<b>Melbourne</b>
5 May	Throws Pentathlon	
19 May	Training - Hammerfest/Shotarama	
2 June	Throws pentathlon	
23 June	Training – <b>record attempts</b>	<b>Which throws must be advised</b>
7 July	Throws pentathlon	
21 July	Training	
4 August	Throws Pentathlon	
<b>18 August</b>	<b>Winter Throws Pentathlon Championships</b>	<b>12 Noon start</b>
25 August	Training plus heavy weights (56 & 100 lb)	Record attempts for 56 & 100 lb
31 Aug – 7 Sept	Oceania Masters Games	McKay QLD
8 September	Throws Pentathlon	
22 September	Heavy Weight Pentathlon / 56lb /100lb	
<b>5 -7 Oct</b>	<b>23<sup>rd</sup> National Winter Throwing Champs</b>	<b>Wollongong</b>
13 October	Throws Pentathlon	
27 October	Training - Discorama	
10 November	Throws pentathlon	
24 November	Training	
<b>8 December</b>	Throws Pentathlon <sup>#</sup> <b>incorporating extra 3 throws in discus</b>	12 noon start. <sup>#</sup> <b>Ilmars Manes Trophy followed by BBQ</b>

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 2019 we will 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 Track & Field Championships and AMA Winter Throws.**

Purchase from Ewen Wilson (Ph 9529 5260; Mob 0423 424 185) or at the events.

### **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
Narelle Messerle (Treasurer)	0477398243
Judy Pfanner (Newsletter Editor)	0414950158
Roger Glass (Coach)	
Tom Hancock (Coach)	

**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 8th December. We also have a Christmas Hamper raffle for which donations are eagerly sought.