

VMA Throwers Group

Sunday Competition and Training Dates 2020

Duncan Mackinnon Park

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

Date	Program	Notes
5-Jan	Training	
12-Jan	Training	
26-Jan	Training	Plus heavy & super weights
2-Feb	Throws Pentathlon	
9-Feb	Training	Throwers AGM
16-Feb	Throws Pentathlon (cancelled, Duncan Mackinnon not available)	
23-Feb	Training; Heavy Weight Pentathlon	
1-Mar	VMA T & F Pentathlon Championships	Throwers Working Bee: 10.00 am start
14-15-Mar	VMA Track & Field Championships	Bendigo
22 Mar	VMA Throws Pentathlon Championships	10.00 am start - Duncan Mackinnon
29-Mar	Training	
5-Apr	Throws Pentathlon	
10-13 Apr	AMA Track & Field Championships	Brisbane
19-Apr	Training and Superweights	
3-May	Throws Pentathlon	
17-May	Training - Hammerfest/Shotarama	
31-May	Throws pentathlon	
14-Jun	Training – record attempts	Which throws must be advised
5-Jul	Throws pentathlon	
19-Jul	Training; Superweights	
2-Aug	Throws Pentathlon	
16-Aug	VMA Winter Throws Pentathlon Champs	12 Noon start
30-Aug	Training plus heavy weights (56 & 100 lb)	Record attempts for 56 & 100 lb
13-Sep	Throws Pentathlon	
27-Sep	Heavy Weight Pentathlon / 56lb /100lb	
3-5 Oct	25 th AMA Winter Throwing Championships	Wollongong
11-Oct	Throws Pentathlon	
25-Oct	Training - Discorama	
8-Nov	Throws pentathlon	
22-Nov	Training	
6-Dec	Throws Pentathlon # incorporating three extra 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 2020 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.

In case of inclement weather, the 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 per year.

Everyone must be a member of Victorian 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) at the events, online via the link at www.vicmastersaths.org.au or just email uniforms@vicmastersaths.org.au

After competition cuppa

At the conclusion of our competition or training/coaching session we gather for a cuppa. Biscuits are provided from funds but donations of cake are 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 committee members 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 always welcome.