

VMA Throwers Group

Sunday Competition and Training Dates 2021

Duncan Mackinnon Park

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

Date	Program	Notes
3/10/17 Jan	Training	
24 Jan	Training	Plus heavy & super weights
31 Jan	Throws Pentathlon	
7 Feb	Training	Throwers AGM
21 Feb	Training	Heavy Weight Pentathlon
28 Feb	Throws Pentathlon Cancelled	Duncan Mackinnon not available
5-8 Mar	AMA Track & Field Championships	Canberra - cancelled
7 Mar	Training - in lieu of cancelled AMA meet	
14 Mar	Training - after working bee	Throwers Working Bee: 10.00 am start
21 Mar	VMA Throws Pentathlon Championships	10.00 am start - Duncan Mackinnon
28 Mar	Training	
11 Apr	Throws Pentathlon – to be confirmed	Pending VMA T&F Pent decision
18 Apr	Training and Superweights	
24-25 Apr	Victorian Masters Track & Field Champs	Doncaster
2 May	Training - Hammerfest/Shotarama	
16 May	Throws Pentathlon	
30 May	Training – record attempts	Which throws must be advised
6 Jun	Throws Pentathlon	
20 Jun	Training and Superweights	
4 Jul	Throws pentathlon	
18 Jul	Heavy Weight Pentathlon / Superweights	
1 Aug	Throws pentathlon	
15 Aug	VMA Winter Throws Pentathlon Champs	12 Noon start
29 Aug	Training plus heavy weights (56 & 100 lb)	Record attempts for 56 & 100 lb
12 Sep	Throws Pentathlon	
26 Sep	Heavy Weight Pentathlon / 56lb /100lb	
2-4 Oct	26th AMA Winter Throwing Champs	Wollongong
10 Oct	Throws Pentathlon	
24 Oct	Training - Discorama	
7 Nov	Throws pentathlon	
21 Nov	Training	
5 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 2021, 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.

Call 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 5th December. We also have a Christmas Hamper raffle for which donations are always welcome.