

VMA Throwers Group

Sunday Competition and Training Dates 2022

Duncan Mackinnon Park

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

Date	Program	Notes
9 Jan	Training	
16 Jan	Heavy Weight Pentathlon	
23 Jan	Training / Heavy & Superweights	Record attempts
30 Jan	Throws Pentathlon	
6 Feb	Training / Superweights	Throwers AGM
13 Feb	Indoor meet - Duncan Mackinnon not available	Venue TBC
20 Feb	Training - Heavy Weight Pentathlon	
27 Feb	Throws Pentathlon	
6 Mar	Training - after working bee	Throwers Working Bee: 10am start
19-20 Mar	Victorian Masters State Championships	Lakeside TBC
27 Mar	VMA Throw Pentathlon Championships	10am start
1-4 Apr	AMA Track & Field Championships	Brisbane
10 Apr	Training - Hammerfest/Shotarama	Pending VMA T&F Pent decision
17 Apr	Throws Pentathlon	
24 Apr	Training / Superweights	
1 May	Throws Pentathlon	
15 May	Training	Record attempts
29 May	Throws Pentathlon	
5 Jun	Training / Superweights	
19 Jun	Heavy Weight Pentathlon	
3 Jul	Throws pentathlon	
17 Jul	Indoor meet	Venue TBC
7 Aug	Heavy Weight Pentathlon / Superweights	
14 Aug	VMA Winter Throws Pentathlon Champs	12 noon start
28 Aug	Training plus 56lb /100lb	Record attempts
11 Sep	Throws Pentathlon	
25 Sep	Heavy Weight Pentathlon / 56lb /100lb	
1-3 Oct	26th AMA Winter Throwing Champs	Wollongong
9 Oct	Throws Pentathlon	
23 Oct	Training - Discorama	
6 Nov	Throws pentathlon	
20 Nov	Training	Record attempts
27 Nov	Training / Superweights	
11 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. Training days can also include record attempts as noted provided that the specific Throw event is advised prior. We need to ensure officials and numbers are appropriate.

For 2022, we have also scheduled some possible Indoor competition dates which will be confirmed as soon as possible.

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 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 heat policy 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.

2022 Committee members:

Graeme Rose (President)	9836 2350
Roger Glass (Vice-President)	0418 210 301
Narelle Messerle (Treasurer)	0477 398 243
Judy Pfanner (Comms/Newsletter)	0414 950 158
Roger Glass (Coach)	
Megan Champion (Coach)	

VMA Representative: Judy Pfanner

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 11th December. We also have a Christmas Hamper raffle for which donations are always welcome.