

# TRACK & FIELD PROGRAM

**2021-22**

The Wodonga Athletic Club aims to provide a comprehensive athletics program suitable for people of all abilities and ages focusing on improving health and fitness, achieving personal bests, and enhancing skill levels in a relaxed and enjoyable environment for individuals and families.

## Membership

Club membership includes weekly competition and discounted entry in all distance events organised by the Wodonga Athletic Club.

Wodonga Athletic Club membership:	
Senior	\$100
Junior (U20 as of 31/12/2021)	\$70
Family	\$150

**Athletics Victoria (AV) Registration** – Required if athletes wish to compete at AV Shield, Country &/or State Junior & Open Championships. This must be completed online at [www.athsvic.org.au](http://www.athsvic.org.au). Club registration is collected when AV membership is completed. AV registrations may include personal injury insurance (refer to AV policies), Wodonga Athletic Club membership does not provide personal injury insurance.

## Weekly competition fees

Members	No cost
Non-members	\$5 (a maximum of 2 meets)

## Age categories

U14\*, U16, U18, U20, Open, Veteran (40+, 50+, 60+, 70+ and 80+) \*min age 12 years

## Competition venues

Wodonga Athletic Complex	Pearce Street, Wodonga
Les O'Brien Precinct	Cadell Street, Albury

## Training

From mid September training is held at Wodonga Athletic Complex every Tuesday and Thursday from 5pm for club members.

## Committee

### Executive:

President:	Simon Crocos	
Vice President:	Gabby Knight	0420 740 736
Secretary:		
Treasurer:	Lisa McInerney	0434 974 710
Registrar:	Gavin Smith	0407 729 672
Publicity Officer:	Anthea Knight	

### General committee:

Karen Hill, Fiona Gordon, Lachy Steain, Rob Mulholland, Dennis Baker

## More information:

- Club membership forms
- Club records
- Point scoring, trophies and awards available to members
- Victorian Country Championships, state titles and other AV events
- North East Distance runner calendar
- Wodonga Athletic Club organised fun runs
- Competition results

Visit our website: [www.wodongaathletics.org.au](http://www.wodongaathletics.org.au)

### Mailing Address:

The Secretary  
Wodonga Athletic Club  
PO Box 736  
WODONGA 3689

### Email:

[wodongaathletics@gmail.com](mailto:wodongaathletics@gmail.com)



HEALTH THROUGH SPORT

## Program

This season the program will alternate between Thursdays and Saturdays.

The Saturday competition continues to offer four programs providing plenty of variety to ensure athletes can undertake all events.

On Thursdays we have introduced two shorter programs to encourage athletes to participate in all events and score points like a pentathlon. This provides an ideal opportunity for athletes to gain exposure to multi-events in the friendly club environment.

### 2021-22 Track & Field Program

Date	Program	Location	Other
Saturday, 2 October	1	Wodonga, 4pm	
Saturday, 9 October	2	Wodonga, 5pm	
Saturday, 16 October	3	Wodonga, 5pm	
Saturday, 23 October	4	Wodonga, 5pm	
Saturday, 30 October	1	Wodonga, 5pm	
Thursday, 4 November		Wodonga, 5:40pm	Don Sparks Steel Pentathlon *Extra event 3000m
Saturday, 13 November	2	Wodonga, 5pm	
Thursday, 18 November	A	Wodonga, 5:40pm	Pearce Family 10,000m Championship
Saturday, 27 November	3	Albury, 5pm (TBC)	2km & 3km Steeplechase
Thursday, 2 December		Wodonga, 5:40pm	Relay day
Thursday, 9 December		Sumsion Gardens	Baker Motors 5km Handicap
Saturday, 11 December	4	Wodonga, 5pm	2km & 3km Steeplechase
Thursday, 16 December	B	Wodonga, 5:40pm	CHRISTMAS BREAK UP
Saturday, 8 January	1	Wodonga, 5pm	
Thursday, 13 January	A	Wodonga, 5:40pm	
Saturday, 22 January	2	Albury, 5pm (TBC)	2km & 3km Steeplechase
Thursday, 27 January	B	Wodonga, 5:40pm	
Fri 28 Jan to Sun 30 Jan			Victorian Country Championships Bendigo
Saturday, 5 February	3	Wodonga, 5pm	
Thursday, 10 February		Wodonga, 6pm	Veronica Foard Wodonga Gift
Saturday, 19 February	4	Wodonga, 5pm	Advanced Corrective Massage 60m Championship
Thursday, 24 February	A	Wodonga, 5:40pm	
Thursday, 3 March		Ludlows Reserve	Camper Trailers 5Km Handicap Round 1
Saturday, 5 March		Wodonga, 5pm	Presentation night & AGM
Thursday, 17 March		Sumsion Gardens	Camper Trailers 5Km Handicap Round 2
Thursday, 31 March		Ludlows Reserve	Camper Trailers 5Km Handicap Round 3

Saturday Program	Program 1	Program 2	Program 3	Program 4
5:00pm	60m	100m	Javelin	100m
5:20pm	800m	Men's discus/ Women's Shot Put		Men's discus/ Women's Shot Put
5:40pm	Javelin	400m	100m	Triple Jump
6:00pm		Men's Shot Put/ Women's Discus	Long Jump	1500m
6:20pm	Triple Jump	High Jump (90cm) or 3000m/5000m*	800m	Men's Shot Put/ Women's Discus
6:40pm	Hammer	High Jump or Hammer	Hammer	High Jump (90cm) or 400m
7:00pm	200m or Shot Put	Long Jump	200m or Triple Jump	High Jump or 3000m/5000m*
7:20pm	3000m/5000m* or Long Jump		3000m/5000m* or Discus	Javelin
7:40pm		1500m		

Thursday Program	Program A	Program B
5:40pm	Shot Put or 1500m	Triple Jump or 3000m/5000m*
6:10pm	Long Jump	Javelin
6:30pm	200m	100m
6:50pm	Discus	Discus
7:10pm	3000m/5000m*	800m

### COVID-19 restrictions:

The Wodonga Athletic Club has implemented a COVID safe plan in line with Athletics Victoria recommendations. Adjustments will be made to the programs where necessary and competition will only be conducted if the Victorian guidelines allows community sport to operate.

- ❖ Entry to events close 15 minutes prior to the events starting time
- ❖ If there are two events listed in one block an athlete can only do one of these events.
- ❖ Athletes must elect distance prior to the commencement of the 3000m/5000m event. Change to distance during the event is not permitted.
- ❖ **Inclement weather:** In the event of extreme wet weather or thunderstorm competition will be cancelled. In the event of extreme heat, competition will be postponed. Notification will be published on the club Facebook page prior to the beginning of competition with every effort made to provide as much notice as possible.