

VMA THROWERS GROUP

Sunday Competition and Training Dates 2010

Duncan MacKinnon Park

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

DATE	PROGRAMME	COMMENTS
10 Jan	Shot put / Javelin [#] / heavy weight (training)	[#] Trophy competition
24 Jan	Throws Pentathlon [#]	[#] Trophy competition
7 Feb	AMA Relays- T & F	BBQ run by VMA
14 Feb	Discus [#] /hammer (training)	[#] Trophy competition; AGM
21 Feb	VMA T&F Pentathlon Champs & WBee	12 noon start; WBee at 10.30 am
28 Feb	Throws Pentathlon [#]	[#] Trophy competition:
14 March	VMA Throws Pentathlon Champs	10am start for first group (women). Men contact Graeme
20/21 March	Victorian Masters T&F Champs	Box Hill – 9 am start
2-5 April	NATIONAL MASTERS CHAMPIONSHIPS	Perth
18 April	TBA	
2 May	Shotarama [#] / Hammerfest (training)	[#] Trophy competition
22/23 May	Beaufort cup ?	Ken Readwin's, Beaufort
20 June	Hammerfest [#] /Shotarama (training)	[#] Trophy competition
3 – 10 July	Oceania Masters Tahiti	
18July	Throws Pentathlon	[#] Trophy competition
8 Aug	Throws Pentathlon [#]	[#] Trophy competition
22 August	Winter Throws Pentathlon Championships	12 Noon start
29 August	Discus / Javelin / heavy weight /56 lb	Training
12 September	Throws Pentathlon	[#] Trophy competition
26 September	Weightathon/56lb	
2 – 4 Oct	National Winter Throwing Champs	CANBERRA
17 October	Throws Pentathlon [#]	[#] Trophy competition
7 November	Discorama (training)	
14 November	Throws pentathlon [#]	[#] Trophy competition
28 November	Heavy Weight, Discus & Javelin (training)	
12 December	Throws Pentathlon [#] incorporating extra 3 throws in discus	12 noon start. [#] Ilmars Manes Trophy followed by BBQ

On **trophy competition** days the winner of the trophy could be the one closest to their estimated distance for the nominated throw, or points score (weight pentathlon), or based on some other chosen criteria eg handicap. Any suggestions are welcome.

On training days competitors can opt to throw heavier or lighter weights.

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 and at the **Nationals**. Purchase from Graham Philpott (Ph. 9568 0495) or at Championships.

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.

2009 Committee members:

Patron:	Joe Ball	9789 3728	
Graeme Rose (president)	9836 2350		
Ken Priestley (vice-president)	0417134601		David Wookey (committee member) 9876 1119
Lorraine Mussett (secretary)	9809 0269		Russell Devine (Coaching) 9374 1448
Astrid Rose (treasurer)	9836 2350		Judy Pfanner (Newsletter Editor) 9532 8787

VMA Representative: Graeme Rose (Chair of Champs sub-committee)

AMA Representative: Graeme Rose (Director of Competition)

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 12th December. We also have a Christmas Hamper raffle for which donations are eagerly sought.