

VMA THROWERS GROUP

Sunday Competition and Training Dates 2017

Duncan MacKinnon Park

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

DATE	PROGRAM	NOTES
8 Jan	Training - (plus Postal relays)	AMA Postal Relays until end
15 Jan	Training - (plus Postal relays)	of March
29 Jan	Throws Pentathlon	
12 Feb	Training - (plus Postal relays)	Throwers AGM
19 Feb	Throws Pentathlon	
26 Feb	Training	
5 March	VMA T & F Pentathlon Champs	12 noon; W/bee: 10 am DMP
19 March	VMA TP Champs	10 am start for first group (women)
25/26 March	Masters T & F Championships	Doncaster – Start 10.00 am Sat
2 April	Throws Pentathlon	
16 April	Training	
21 - 30 April	World Masters Games	Auckland NZ.
7 May	Throws Pentathlon	
21 May	Training - Hammerfest/Shotarama	
4 June	Throws pentathlon	
9 - 12 June	AMA Nationals	Darwin
2 July	Throws pentathlon	
16 July	Training	
23 July	Training	
30 July	Throws Pentathlon	
13 August	Winter Throws Pentathlon Championships	12 Noon start
20 August	Training	
27 August	Training plus heavy weights (56 & 100 lb)	
3 September	Training	
10 September	Throws Pentathlon	
24 September	Weightathon / 56lb /100lb	
30 Sept – 2 Oct	22nd National Winter Throwing Champs	Wollongong
8 October	Throws Pentathlon	
22 October	Training - Discorama	
12 November	Throws pentathlon	
26 November	Training	Mentone Venue
10 December	Ilmars Mancs Trophy - discus only competition (6 throws) followed by Christmas BBQ at Duncan Mackinnon clubrooms	12 noon start - venue for discus comp to be confirmed (no Throws Pentathlon this year due to Duncan Mackinnon track resurfacing)

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 2017 we are also considering organising a couple of special record days on which we expect the participants to help set up before and after the event.

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, at the AMA National T & F Championship and AMA Winter Throws.

Purchase from Ewen Wilson (Ph 9529 5260; Mobile 0423 424 185) 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.

2017 Committee members:

Graeme Rose (President)	9836 2350	
Ken Priestley (vice-President)	0417134601	
Astrid Rose (Treasurer)	9836 2350	Andy Pollock (Coaching)
		Russell Devine (Coaching) 9374 1448
		Judy Pfanner (Newsletter Editor) 0414950158

VMA Representative: Graeme Rose

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 Ilmars Mancs trophy on the 10th December. We also have a Christmas Hamper raffle for which donations are eagerly sought.