

VMA THROWERS GROUP

Sunday Competition and Training Dates 2018

Duncan MacKinnon Park

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

DATE	PROGRAM	NOTES
7 Jan	Training	Mentone
14 Jan	Training	Mentone
28 Jan	Training	Mentone
4 Feb	Throws Pentathlon	Mentone
11Feb	Training	Mentone Throwers AGM
18 Feb	Throws Pentathlon	Mentone
25Feb	Training	Mentone
4 March	VMA T & F Pentathlon Champs	12 noon; Doncaster
4 March	Working Bee 10 .30 am start	W/bee: DMP
24/25 March	Masters T & F Championships	Doncaster – Start 10.00 am Sat
30 Mar - 2 April	Easter	
April 8th	VMA TP Champs	Possibly DMP; 10 am start
15 April	Training – record attempts	Which throws must be advised
26 - 29 April	AMA Championships	Perth
6 May	Throws Pentathlon	
20 May	Training - Hammerfest/Shotarama	
3 June	Throws pentathlon	
24 June	Training – record attempts	Which throws must be advised
8 July	Throws pentathlon	
22 July	Training	
5 August	Throws Pentathlon	
19 August	Winter Throws Pentathlon Championships	12 Noon start
26 August	Training plus heavy weights (56 & 100 lb)	Record attempts for 56 & 100 lb
9 September	Throws Pentathlon	
23 September	Heavy Weight Pentathlon / 56lb /100lb	
29 Sept – 1 Oct	22nd National Winter Throwing Champs	Wollongong
14 October	Throws Pentathlon	
29 October	Training - Discorama	
11 November	Throws pentathlon	
25 November	Training	
9 December	Throws Pentathlon [#] incorporating extra 3 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 2018 we may 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.

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.

2016 Committee members:

Graeme Rose (President)	9836 2350	David Wookey (committee member) 9876 1119
Ken Priestley (vice-President)	0417134601	Russell Devine (Coaching) 9374 1448
Astrid Rose (Treasurer)	9836 2350	Andy Pollock (Coaching)
		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 TP / Ilmars Mancs trophy on the 9 th December. We also have a Christmas Hamper raffle for which donations are eagerly sought.