



VICTORIAN MASTERS ATHLETIC CLUB

MENTONE VENUE

Polamore Reserve, Mentone Wednesdays 7pm - 9pm
Venue Managers; Ted McCoy 9583 3280

Ashley Page - 9521 6070 Ian Cassell - 9583 3440



Summer Program 2010



Date	Sprint 1	Middle Distance	Sprint 2	Distance		Walk
Jan	6	800m S/H	200m H/Cap	3 km E.T.	T	1 mile/ 2 mile
	13	*AE 300m E.T.*	1500m E.T. 400m Walk	70m E.T.	R	Relay 2x 800m
	20	800m E.T.	<u>100m E.T.</u>	* AE 2 km E.T. *	T	*AE 3/ 5 lap Road E.T.*
	27	*AE 900m E.T.* 600m Walk	150m E.T.	3 laps/ 6 laps	R	Relay 2x 800m
Feb	3	1500m E.T.	<u>Gordon Gourlay Sprint Series</u> 1. 400m H/C	4 km/ 6 km	T	*AE 20 min E.D.*
	10	<u>Point Score Series</u> Event 1: 1200m S/H 800m Walk	2. 100m H/C	4 laps E.T.	R	<u>Gordon Gourlay Walk Series</u> 1. 2000m H/C
	17	<u>Point Score Series</u> Event 2: 1 mile S/H	3. *AE 200m H/C*	* AE 5 km E.T. *	T	2. 5 Lap Spiral E.T.
	24	*AE 800m H/C* 400m Walk	4. 300m H/C	5 km S/H	R	3. 3 / 5 laps Road E.T.
March	3	1500m H/C	<u>150m E.T.</u>	4 Laps (3.336k) E.T.	R	1500/ 5000 E.T.
	10	*AE 250m E.T.*	1000m S/H 600m Walk	60m E.T.	T	Relay 2x 800m
	17	400m Challenge	100m H/C	3 laps/ 6 laps	R	Murray Brown Trophy * AE 3000m E.T.*
	24	*AE 1500m H/C* 800m Walk	110m E.T.	2km/ 4km E.T.	T	*AE 3000m E.T.*
	31	400m E.T.	1200m E.T.	70m E.T.	R	* AE 4 laps E.T. * 5 laps Spiral E.T.
April	7	900m E.T. 400m Walk	200m E.T.	4 km E.T.	T	1 mile/ 2 mile E.T.
	14	* AE 300m H/C *	* AE 1200m E.T. *	60m E.T.	R	2000m/ 4000m
	21	1600m S/H 600m Walk	150m E.T.	* AE 3 km E.T. *	T	2000m H/C
	28	1000m E.T.	200m E.T.	Peter Colthup 5 Miles H/Cap	R	* AE 3000m E.T.*

COMING EVENTS			LEGEND	
20 Jan	Lindsay Thomas	Braeside Park 7.00 pm	AG%	Age Graded %
			E.D.	Estimated Distance
####	Andy Salter Relay	Springvale 8.00pm	E.T.	Estimated Time
			H/C	Handicap
15-Feb	Landy Trophy	Doncaster 7.00 pm	S/H	Self Handicap
			400m Challenge	3 x 400m with 2 min rest between
20-21 Mar	VMA T&F Champs	Box Hill	R	Road
			T	Track
2-5 Apr	AMA Nationals	Perth	*AE*	Aggregate Event
			<u>underlined</u>	Trophy Event

