



VICTORIAN MASTERS ATHLETIC CLUB

MENTONE VENUE

Dolamore Reserve, Mentone
Wednesdays - 7pm to 9pm

Winter Program 2010



Venue Managers: Ted McCoy 9583 3280 Ashley Page - 9521 6070 Ian Cassell - 9583 3440

Date	Sprint 1	Middle Distance	Sprint 2	Distance		Walk
May	5 400m Walk	900m E.T.	200m E.T.	4 km E.T.	T	1 mile/ 2 mile E.T.
	12 *AE 300m H/C*	* AE 1200m E.T. *	70m E.T.	5 km/ 10 km E.T.	R	<u>2000m/ 4000m</u>
	19 400m E.T. 600m Walk	1600m S/H	60m E.T.	* AE 3 km E.T. *	T	2000m H/C
	26	1000m E.T.	*AE 200m E.T.*	Peter Colthup 5 Miles H/Cap	R	* AE 3000 m E.T. *
June	2 800m Walk	1500m E.T.	<u>250m E.T.</u>	3 km E.T.	T	1500m/ 5000m
	9	*AE 800m H/cap*	100m H/cap	3 laps/ 6 laps	R	Frank Maguire Trophy 3000m E.T.
	16 400m E.T. 400m Walk	1200m S/H	60m E.T.	*AE 4 km E.T.*	T	2000m/ 4000m
	23	<u>Point Score Series 1</u> 900m E.T.	*AE 150m E.T.*	4 laps (3.336k) E.T.	R	* AE 5 lap Spiral E.T. *
	30 300m H/cap 600m Walk	<u>Point Score Series 2</u> 1500m E.T.	70m E.T.	5km E.T.	T	1 Mile/ 2 Mile E.T.
July	7	800m S/H	200m H/cap	<u>2 miles E.T.</u>	R	<u>2000m H/cap</u>
	14 800m Walk	*AE 1 Mile E.T.*	110m E.T.	3 km E.T.	T	5 lap Inward Spiral E.T.
	21 400m H/cap	1000m E.T.	*AE 60m E.T.*	*AE 4 laps (3.336km)*	R	<u>1500m/ 5000m E.T.</u>
	28 400m Walk	1500m H/cap	100m H/cap	3km/ 6km	T	* AE 3000m E.T. *
Aug	4	*AE 900m E.T.*	150m E.T.	Relay 2x 4 laps	R	1 mile/ 2 mile E.T.
	11 <u>300m E.T.</u> 600m Walk	<u>1200m E.T.</u>	70m E.T.	* AE 5 km E.T. *	R	<u>5 Lap Spiral E.T.</u>
	18	800m S/H	100m E.T.	<u>Point Score Series 1</u> 3km S/H	T	1500m/ 5000m E.T.
	25 *AE 400m E.T.* 800m Walk	1 Mile E.T.	250m E.T.	<u>Point Score Series 2</u> 4 laps E.T.	R	* AE 2000m E.T. *

COMING EVENTS

LEGEND

15 May	VMA Race Walk Championships Middle Park	AG%	Age Graded %
18 May	10 km Track Championships Collingwood	E.D.	Estimated Distance
6 June	VMA 10km Cross Country Yarra Bend National Park, 10.00 am	E.T.	Estimated Time
		H/C	Handicap
27 June	VMA 20km Walk Middle Park	S/H	Self Handicap
25 July	Eric Greaves 10km Braeside, 10.00 am	R	Road
		T	Track
16 Aug	VMA 10 Miles Championship Princes Park	AE	Aggregate Event
		<u>underlined</u>	Trophy Event