

**'A' Program**  
**6.00pm 100 Metres**  
 Men and Women— All Ages  
**6.20pm Javelin**  
 Men and Women— All Ages  
**6.30pm 3 /5K and 3K walk**  
 Men and Women—All Ages  
**6.30pm Long Jump**  
 Men and Women— All Ages  
**7.00pm Discus**  
 Men and Women— All Ages  
**7.15pm 400m**  
 Men and Women—All Ages

**'B' Program**  
**6.00pm 200 Metres**  
 Men and Women— All Ages  
**6.20pm High Jump**  
 Men and Women— All Ages  
**6.20pm Discus**  
 Men and Women – All Ages  
**6.45pm 1500m/1500m Walk**  
 Men and Women— All Ages  
**7.00pm Shotput**  
 Men and Women— All Ages  
**7.15pm 100 Metres**  
 Men and Women— All Ages

**'C' Program**  
**6.00pm 800 Metres**  
 Men and Women— All Ages  
**6.15pm Hammer Throw**  
 Men and Women— All Ages  
**6.30pm Triple Jump**  
 Men and Women— All Ages  
**6.45pm 2K run and walk**  
 Men and Women—All Ages  
**6.45pm Shot Put**  
 Men and Women— All Ages  
**7.15pm 100m**  
 Men and Women— All Ages

*\* We are trialing a new program so these events and dates may be subject to change on the night due to time constraints and helpers\**

## Track and Field Fixture

(VC = Vern Curnow Shield )

### OCTOBER 2018

Tue 9	Interclub	Round 1 A	Newborough
Tue 16	Interclub	Round 2 B	Newborough
Tue 23	Interclub	Round 3 C	Newborough
Tue 30	Interclub	NITRO Night	Newborough

### NOVEMBER 2018

Tue 13	Interclub	Round 4 A	Newborough
Tue 20	VC Shield	Program 1	Newborough
Tue 27	Interclub	Round 5 B	Newborough

### DECEMBER 2018

Tue 4	Interclub	Round 6 C	Newborough
Tue 11	VC Shield	Program 2	Newborough
Tue 18	Interclub	Round 7 A	Newborough

### JANUARY 2019

Tue 8	Interclub	Round 8 B	Newborough
Tue 15	Interclub	Round 9 C	Newborough
Tues 22	VC Shield	Program 3	Newborough

*Sat 26th – Mon 28th Vic Country C/ships, Bendigo*

### FEBRUARY 2019

Tue 5	Interclub	Round 10 A	Newborough
Tue 12	Interclub	Round 11 B	Newborough
Tue 19	Interclub	Round 12 C	Newborough
Tue 26	Gippsland Pentathlon C/ships		Newborough

### MARCH 2019

*Sun 24<sup>th</sup> Presentation 12.30pm*  
*,  
 Mon 25<sup>th</sup> Venue : Drouin Secondary College  
 AGM Rec. Centre, Newborough*



## GIPPSLAND ATHLETICS CLUB

**11 years of age or older**

### TRACK AND FIELD

### PROGRAM

Tuesdays 6:00pm – 7:30pm

October - February

**2018/2019**

### VENUE

JOE CARMODY ATHLETICS TRACK  
 CNR JOHN FIELD DR & OLD SALE RD  
**NEWBOROUGH**

For further information go to:  
[www.gippslandathletics.com.au](http://www.gippslandathletics.com.au)  
[secretary@gippslandathletics.com.au](mailto:secretary@gippslandathletics.com.au)

*This program proudly sponsored by:*



## Inter Club

Age Group Categories:

U14, U16, U18, U20,

Open, Veteran ( 40+ )

Male and Female

Ages as at 31st December 2018

Club Championship Points  
awarded for each (max 4) event to

AV registered athletes.

Athletes choose which events to compete in.

## Weekly competitions

Gippsland Athletics Members: No fee

Other AV Clubs Entry Fee \$2

Invitation Entry Fee \$2

Athletes are allowed 2 invitations only

and then they require Athletics

Victoria and Club Registration

**Vern Curnow Shield** will be held over

3 rounds in 2018/19. This is a

Interclub competition between

GPA, SCA, TRH and WEL.

Gippsland *EnergyAustralia* Pentathlon

Championship

26<sup>th</sup> February 2019 Entry Fee \$10

(Medallions Awarded)

Age as at day of competition.

**ALL WELCOME**

## 2018/2019 contacts:

### President:

Justine Muir

Ph. 0490 396 197

### Secretary:

Cheryl Hughes

Ph. 0428 822 540

[secretary@gippslandathletics.com.au](mailto:secretary@gippslandathletics.com.au)

### Registrar:

Fiona Saltmarsh

Ph. 0418 589 855

### Club website:

[www.gippslandathletics.com.au](http://www.gippslandathletics.com.au)

### Facebook:

Search for: Gippsland Athletics

### Website hosted by:

Spectrum Productions

<http://www.spectrumhosting.com.au>



## Membership

Membership is open to any person  
11 years of age or older.

All standards are catered for  
from beginners and disabilities  
(subject to equipment availability)  
to advanced competitors.

The club offers the opportunity  
to participate at your own level  
whilst encouraging and assisting  
your improvement.

### Season prices:

Open Age = \$205

Junior Age (11-19) = \$165

Current and recent Little Athletes:

Dual (current LA) age 11-14 = \$70

*\*Optional extra: Metro shield season  
(Open \$145, Junior \$120)*

## COACHING:

Coaching is offered to all Gippsland Athletics  
Club members.

Training sessions are held on Sundays  
3:00pm – 5:00pm, Newborough

***Check dates on Facebook or club Website***