

Gippsland Athletics 2017/18 member handbook



Gippsland Athletics club was founded in 1955. Our aim is to promote, encourage and improve athletic competition in the Gippsland Region. We offer a relaxed and friendly environment for individuals and families and encourage participation from all ages and abilities. Athletes compete in age groups from U14 up to Masters. Regular track and field competition is held from October to March on Tuesday evenings starting at 6.00pm at the Joe Carmody Athletics Track in Newborough. Gippsland Athletics Club is affiliated with Athletics Victoria.

Website: <http://www.gippslandathletics.com.au/>

Venue: Joe Carmody Athletics Track, Cnr John Field Dr & Old Sale Rd, Newborough

2017/18 Committee

President – Cheryl Hughes

Vice President – Justine Muir

Secretary – Janelle McGrail

Treasurer – Matthew McGrail

Registrar – Noella Foster

Results Recorder – Daniel Neale

Publicity/Facebook – Craig Rollinson, Noella Foster

General Committee – Nicky Maxfield, Heather Daldry, Simon van Baalen & Brendan Caffrey

Club contact information: secretary@gippslandathletics.com.au or 041 203 9277

Mailing address: PO Box 490, Traralgon VIC 3844

Club Officials:

Level 2+ – Heather Daldry, Vern Curnow

Level 1 – Cheryl Hughes, Justine Muir, Janelle McGrail, Daniel Neale & Noella Foster

Club Coaches:

Level 2 - Heather Daldry(+), Matthew McGrail, Craig Rollinson

Level 1 - Noella Foster, Berin Couacaud & Adam Daldry

Membership:

Club membership is open to any person 11 years of age or older. All standards are catered for from beginners and disabilities (subject to equipment) to advanced competitors.

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

Further details how to register as either a new or returning member are available on our website: <http://www.gippslandathletics.com.au/new/join>

2017/18 season prices:

No further fees are payable for club competition nights at the Newborough track

Open Age	= \$155	(includes club fee = \$55)
Junior (11-19 or Non Dual 11-14)	= \$115	(includes club fee = \$35)
Dual (11-14 & current LA member)	= \$70	(includes club fee = \$15)

Gippsland Athletics members DO NOT need to purchase the optional extra AV Track & Field entry when registering – these are specifically for the Metro Shield events only (Open \$125, Junior \$100, Dual \$55); Gippsland Athletics events are completely separate and require no additional fees.

Trialling Members: For insurance purposes, non members may attend and compete twice as a trialling member (for \$2 per competition) at Newborough before they are required to become a club member.

Visiting AV registered athletes: All athletes currently registered with an AV affiliated club other than Gippsland Athletics are welcome to compete as invitation members for a flat fee of \$2.00 per meet.

2017-18 Season – Track & Field Fixture

The Gippsland Athletics Club runs over the summer (weather permitting) 13 ordinary interclub competitions (see below A, B, C programs), 3 Vern Curnow Shield competition, 1 NITRO team night (New for 2017) & 1 Pentathlon competition.

'A' Program		'B' Program		'C' Program	
6.00pm	100m	6.00pm	200m	6.00pm	100m
6.20pm	Javelin	6.20pm	High Jump	6.15pm	Hammer Throw
6.30pm	3000/5000m	6.20pm	Discus	6.30pm	Triple Jump
6.30pm	Long Jump	6.45pm	1500m	6.45pm	2000m
7.00pm	Discus	7.00pm	Shot Put	6.45pm	Shot Put
7.15pm	400m	7.15pm	100m	7.15pm	100m

OCTOBER 2017

Tue 10	Interclub	Round 1 A	Newborough
Tue 17	Interclub	Round 2 B	Newborough
Tue 24	Interclub	Round 3 C	Newborough
Tue 31	Interclub	NITRO Night	Newborough

NOVEMBER 2017

Tue 14	Interclub	Round 4 A	Newborough
Tue 21	Interclub	Round 5 B	Newborough
Tue 28	Interclub	Round 6 C	Newborough

DECEMBER 2017

Tue 5	Interclub	Round 7 A	Newborough
Tue 12	Interclub	Round 8 B	Newborough
Tue 19	VC Shield	Program 1	Newborough

JANUARY 2018

Tue 2	Interclub	Round 9 C	Newborough
Tue 9	VC Shield	Program 2	Newborough
Tue 16	VC Shield	Program 3	Newborough
Tue 23	Interclub	Round 10 A	Newborough

Fri 26 – Sun 28 Vic Country C/ships; Ballarat

FEBRUARY 2018

Tue 6	Interclub	Round 11 B	Newborough
Tue 13	Interclub	Round 12 C	Newborough
Tue 20	Interclub	Round 13 A	Newborough
Tue 27	Gippsland Pentathlon C/ships		Newborough

Club Champion Awards:

The Gippsland Athletics Club presents 4 season awards at the end of the summer fixture – 1 junior (U14, U16, U18) and 1 senior (U20, Open, Masters) for each gender.

Points are aggregated across the 15 Interclub and 3 VC rounds for the overall winners.

Points may only be awarded in 4 events per round

Points are awarded as 5, 3, 2, 1 to the top 4 Gippsland Athletic Club members per age group in each event

Gippsland *EnergyAustralia* Pentathlon Championship

Our season concludes on Tue 28th February 2017 with the Pentathlon night

Large perpetual trophies for all age groups are awarded to the winners

Entry Fee \$10 for all competitors (both Club and visiting AV), medallions awarded to top 3

Must complete all 5 events: Javelin, 200m, Long Jump, Discus, 800 (female) or 1500 (male)

Points are awarded using the IAAF table

Vern Curnow Shield

The Vern Curnow Shield, named after one of our Life Members, began in 2008. This Shield is run across 3 meets, with competitors invited from each of the 4 Gippsland region clubs (Gippsland Athletics, South Coast Athletics, Traralgon Harriers & Wellington Athletics).

Points are awarded as 10, 8, 7, 6, 5, 4, 3, 2 to the top 8 competitors per age group in each event. Only full AV members for each club are awarded points (i.e. no trialling members).

An honour roll of previous winners and details of Programs 1 – 3 are found at our club website: <http://www.gippslandathletics.com.au/new/verncurnow>

NITRO night

New in 2017, we are planning an interclub NITRO team competition. Events will include: 150m; Javelin (accuracy bonus); 1000m; Long Jump (aggregate); Shot Put (aggregate); 5 minute distance challenge; Mixed medley relay (100x100x200x400)

Keep an eye on our [Facebook page](#) for further details

Results

All results from our competition nights are published on our club website at:

<http://www.gippslandathletics.com.au/new/results>. In addition, they are published on the AV website and in the Latrobe Valley Express newspaper

Club records

Club competition night records have been maintained from the early 1990s. A full listing is available at: <http://www.gippslandathletics.com.au/new/records>

Coaches and training

See above listing of our current club coaches. Training sessions are currently arranged at the Newborough track on Sunday afternoons in the months leading up to our summer season and early within the season.

If you are interested in receiving coaching, please contact the club secretary via email:

secretary@gippslandathletics.com.au or phone 0412039277.

Otherwise, please talk to one of our club committee or coaches to discuss how we can assist your coaching and training needs.

Club uniform

The Gippsland Athletics club uniform consists of Royal Blue shorts with a singlet/crop top that is Royal Blue, Yellow and white with the club emblem. Full uniform is required when representing the club at all Athletics Victoria/Athletics Australia events outside of our club nights.

Please note AV no longer issues BIB numbers to all registering members. These will only be issued when you purchase the entry to other AV events such as the Metropolitan Shield or Victorian Country Championships.

http://www.gippslandathletics.com.au/new/images/pdfs/uniform_2016.pdf

- Club Singlets - \$40
- Running Shorts - \$40
- Training Shorts - \$40
- Crop Tops - \$50
- Bike Shorts - \$35

Victorian Country Championship

Outside of our club competition meets, the primary competition for the year for most members is the Victorian Country Championship, which is held during the Australia Day weekend. This season it is being held Fri Jan 26 – Sun Jan 28 at Ballarat.

All competitors must pre-register for events by early January, through the AV website. Full uniform, including their competition bib number, must be worn at this event

Committee meetings

The Gippsland Athletics Club committee meets about 8-9 times during the season. Meetings are held at the Newborough track, usually on Monday evenings (7:30 – 8:30) during the non-competition period, and Tuesday evenings (~7:30-8:30) after our club competition during the summer.

Please speak to one of our committee if you are interested in participating. We are always keen to see new committee members to contribute fresh ideas to our club.

Life members

Gippsland Athletics Club has the following life members at the club:

- Terry O'Neil
- Vern Curnow
- Heather Daldry
- Cheryl Hughes

Vern Curnow is also a life member of Athletics Victoria, being a volunteer for 50 years in athletics, including experience officiating at the Commonwealth Games and Olympic Games in Australia.

Secondary school Equipment Hire forms

The Gippsland Athletics club hires equipment on ~10 occasions mostly to secondary schools for their school sports days for a small fee (\$150). This service is critical to the financial viability of our club, and relies upon club volunteers.

A copy of our hire agreement form is available at:

<http://www.gippslandathletics.com.au/EquipmentHiringForm.pdf>

Winter AV season

Currently Gippsland Athletics is a summer-only club, we do not field teams in the Athletics Victoria Winter Cross Country season (10 events).

Interested competitors are able to participate in many of these events as individuals, though usually 4 events are restricted to only relay teams.

Club members who are interested in regularly competing in the Winter series are strongly encouraged to co-join with the Traralgon Harriers as an alternate first claim club. This will require an additional fee of about \$40.

Summer AV Shield

Gippsland Athletics members are able to compete in metropolitan athletics meets during the summer, though some restrictions may apply. Interested competitors are encouraged to check with the metropolitan clubs before travelling to events.

Gippsland Athletics members have the option of competing at the shield competition should they wish to by purchasing a Track & Field package which will allow entry to all the available rounds of Shield (see above pricing under 2017/18 season prices).

They will, however, not be classified as scoring athletes and thus will not be eligible to compete at the shield final. They will still be able to compete as country athletes at the country championships. They will not need to complete an alternate first claim unless they wish to be a scoring athlete with a metropolitan secondary club over the summer. However, please keep in mind that if any athlete does select this option they will then not be eligible to be a scoring athlete at the country championships.

AV policies and rules

All Gippsland Athletics competitions are run under AV rules and policies. See AV website for more details: <http://athsvic.org.au/about/policies/>