



Albany Athletics Club Inc 2017-2018 Track & Field Programme

Contact: Registrar – Georgia Kidman
 Web: albianyaths.myclub.org.au
 Email: albianyaths@hotmail.com
 Facebook: Albany Athletics Club -Inc WA ...ask to join

Start Times:

Warm-Up: 8.30am, First Event: 8.45am

Season Finishes: 10th Mar 2018

Sat Oct 7 th Season start	Programme 1 modified Registration due.	Sat Dec 16 th Week 10	Christmas Wind Up Peter Watson Mile
Sat Oct 14 th Week 1	Programme 1	Sat Jan 13 th Week 11	Programme 2
Sat Oct 21 st Week 2	Programme 2	Sat Jan 20 th Week 12	Programme 1 with Hurdles
Sat Oct 28 th Week 3	Programme 1 with Hurdles	Sat Jan 27 th Week 13	Programme 1 (*Modified)
Sat Nov 4 th Week 4	Programme 2	Sat Feb 3 rd Week 14	Programme 2
Sat Nov 11 th Week 5	Programme 1 Agriculture Show 10-12	Sat Feb 10 th Week 15	Program 1 & 2 (Modified) *Little Aths Centre Champs
Sat Nov 18 th Week 6	Programme 2	Sat Feb 17 th Week 16	Programme 1
Sat Nov 25 th Week 7	Programme 1 with Hurdles	Sat Feb 24th Week 17	Programme 2
Sat Dec 2 nd Week 8	Programme 2	Sat Mar 3rd Week 18	Programme 2 (*Modified)
Sat Dec 9 th Week 9	Programme 1	Sat Mar 10th LAST MEET with BBQ	P. Watson H/Cap 1500m, Decima Norman 100m H/Cap, Plus your choice of 1 throw event, plus your choice of 1 jump event. Season Wind – Up & Awards

Programme 1	Programme 2	Programme 1H
SHOT (1)	1500m	Hurdles 300mt
800m	LONG (1)	SHOT (1)
200m	100m	Hurdles 60-110mt
DISC (1)	TRIPLE (1)	HIGH (1)
60m	400m	800m
HIGH (1)	JAV (1)	DISC (1)
Pack-Up	Pack-Up	200m

NOTES: A CO-ORDINATOR is required each week to organise event sheets on folders plus position "Fibulator" at recording office desk, then place PA speaker at window.

help with "YOUR" hurdle set up.

be drawn up and supplied to the race finish tent each week. All participants must help in recording and sharing tips to the teen's group, also when asked to the juniors.

Program 1 Hurdles alternates with Program 1. Arrive early to

Once registered a members running sheet will

Open Every Day 8.30am to 9.00pm
AmcalMax
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 262-264 York St, Albany Ph: 9842 2036

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 161 Chester pass Rd, ALBANY Ph: (08) 9841 2466

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