

Girraween Athletics Club Summer Handbook

2018/2019 SUMMER SEASON CALENDAR OF EVENTS

WEEK A PROGRAM: - 100m, High Jump / Javelin, 400m, 1500m/3000m Walk (upon request), Discus (M), Shot Put (F), Distance Event (1500m) – starts at 4-4.15pm.

WEEK B PROGRAM: - 200m, Long/Triple Jumps, 800m, Discus (F), Shot Put (M), Distance event (alternating 3km/5km as advertised that week) starts at 4-4.15pm.

MODIFIED PROGRAM: - 60m, 300m, 1000m, Scissors High Jump, Standing Long Jump, Shot Put throw (2.7kg), relays & specified distance event

Day	Date	Girraween – C V Kelly Park	Athletics NSW and other events
Sat	8 Sept	Week A Grading (distance – 1500m)	Nil
Sat	15 Sept	Week B Grading (distance – 3000m)	16 Sept – Blackmores Sydney Running Festival
Sat	22 Sept	Girraween All-comers	23 Sept – Sydney Marathon Clinic
Sat	29 Sept	Girraween All-comers	27-30 Sept – NSW All Schools – SOPAC
Sat	6 Oct	Girraween All-comers	9 Oct – Bankstown All-comers – 10000m Champs
Sat	13 Oct	Girraween All-comers	13 Oct – Treloar Shield #1 – Blacktown
Sat	20 Oct	Girraween All-comers	20 Oct – Treloar Shield #2 – SOPAC 20 Oct – NSW 10000m Race Walking 21 Oct – Sydney Marathon Clinic
Sat	27 Oct	Girraween All-comers	27 Oct – Club All-comers
Sat	3 Nov	Girraween All-comers	3 Nov – Treloar Shield #3 – Campbelltown
Sat	10 Nov	Girraween All-comers	10 Nov – NSW 3000m Championships 10 Nov – Treloar Shield #4 – SOPAC
Sat	17 Nov	Girraween All-comers	17 Nov – Club All-comers 17-18 Nov – Little Athletics State Relays 18 Nov – Sydney Marathon Clinic
Sat	24 Nov	Nil	24-25 Nov – State Relays (Open members)
Sat	1 Dec	Girraween All-comers – Modified	1 Dec – Treloar Shield #5 – SOPAC 30 Nov-2 Dec – Little Athletics Zone Champs
Sat	8 Dec	Girraween All-comers	Nil
Sat	15 Dec	Girraween All-comers	15-16 Dec – NSW Club Championships – SOPAC 16 Dec – Sydney Marathon Clinic
Sat	22 Dec	Nil	22 Dec – Albie Thomas Mile - Bankstown
Christmas – New Year Break			
Sat	5 Jan	Nil	5 Jan – Treloar Shield #6 – SOPAC
Sat	12 Jan	Girraween All-comers	12 Jan – All Comers – Newcastle 12 Jan – Illawarra Track Classic
Sat	19 Jan	Girraween All-comers	19 Jan – Treloar Shield #7 – SOPAC 20 Jan – Sydney Marathon Clinic
Sat	26 Jan	Nil	24-27 Jan – NSW Country Championships - Newc 25 Jan – Hunter Track Classic
Sat	2 Feb	Girraween All-comers	2-3 Feb – NSW Combined Event Champs – Bankstn 2-3 Feb – All Comers Bankstown – 5000m Champs 3 Feb – GLAC Centre Champs with GAC events
Sat	9 Feb	Girraween All-comers	8-10 Feb – NSW Masters Championships - SOPAC
Sat	16 Feb	Girraween All-comers – Modified	15-17 Feb – LA Region Champs - Campbelltown 16 Feb – All Comers – Illawong 17 Feb – Sydney Marathon Clinic
Sat	23 Feb	Girraween All-comers	22-24 Feb – NSW Junior/Para Champs – SOPAC 23 Feb – Sydney Track Classic – SOPAC
Sat	2 Mar	Girraween All-comers	2 Mar – All-comers - Campbelltown
Sat	9 Mar	Girraween Cross Country – 2pm	8-10 Mar – NSW Open Championships
Sat	16 Mar	Run for Jess – Greystanes	15-17 Mar – LA State Championships – SOPAC 16 Mar – All-comers – Bankstown 17 Mar – Sydney Marathon Clinic
Sat	23 Mar	Likely start of West Met XC	23 Mar – All-comers - SOPAC