

**OUR COMPETITION PROGRAMS IN DETAIL: -**

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

**WEEK B PROGRAM:** - 200m, Long/Triple Jumps, 800m, , Discus (F), Shot Put (M), Javelin, Distance Event as listed – 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

**2017/2018 SUMMER SEASON CALENDAR OF EVENTS**

Day	Date	Girraween – C V Kelly Park	Athletics NSW
Sat	9 Sept	Week A Grading (distance – 1500m)	Nil
Sat	16 Sept	Week B Grading (distance – 3000m)	Nil
Sat	23 Sept	Girraween Allcomers	23 Sep – Bankstown Allcomers
Sat	30 Sept	Girraween Allcomers	30 Sep to 1 Oct – NSW All Schools Multi & Warm Up Meet
Sat	7 Oct	Girraween Allcomers	7 Oct Treloar Shield #1 – Campbelltown TBC
Sat	14 Oct	Girraween Allcomers	12-15 Oct – NSW All Schools – SOPAC
Sat	21 Oct	Girraween Allcomers	21 Oct –Treloar Shield #2 – SOPAC
Sat	28 Oct	Girraween Allcomers	28 Oct – Treloar Shield #3 - TBC Blacktown Allcomers
Sat	4 Nov	Nil	4-5 Nov – NSW State Relays – SOPAC (Open members)
Sat	11 Nov	Girraween Allcomers	11 Nov – NSW 3000m Championships and Treloar Shield #4 – SOPAC
Sat	18 Nov	Girraween Allcomers	18-19 Nov –LANSW State Relays – SOPAC
Sat	25 Nov	Nil - (LA Zone Champs at CV Kelly)	25 Nov – Treloar Shield #5 – SOPAC
Sat	2 Dec	Girraween Allcomers	2-3 Dec – NSW Club Champs + 5000m - SOPAC
Sat	9 Dec	Girraween Allcomers	9 Dec – All-comers – TBC
Sat	16 Dec	Girraween Allcomers	16 Dec – Treloar Shield #6 – SOPAC
Sat	23 Dec	Nil	23 Dec – Albie Thomas and Allcomers
<b>Christmas – New Year Break</b>			
Sat	6 Jan	Nil – Girraween at SOPAC	6 Jan – Treloar Shield #7 - SOPAC
Sat	13 Jan	Cross Country at Girraween	13 Jan – Illawarra Track Challenge – Wollongong All-comers + 10000m Champs - Newcastle
Sat	20 Jan	Girraween Allcomers	20 Jan – Hunter Track Classic 21 Jan – All-comers – SOPAC
Sat	27 Jan	Girraween Allcomers	27 Jan – All-comers – SOPAC 28 Jan – NSW Country Champs - Wollongong
Sat	3 Feb	Girraween Allcomers	2-4 Feb – NSW Open Champs - SOPAC
Sun	4 Feb	GLAC Centre Championships (GAC demonstration events)	Nil
Sat	10 Feb	Girraween Allcomers	9-11 Feb – NSW Junior/Youth Champs – SOPAC 10 Feb – Sydney Invitational - SOPAC
Sat	17 Feb	Modified (LANSW Region Champs)	17 Feb – All-comers - TBC
Sat	24 Feb	Girraween Allcomers	24 Feb – Bankstown Invitational + All-comers
Sat	3 Mar	Girraween Allcomers	3-4 Mar – NSW Master Champs – SOPAC
Sat	10 Mar	Modified	10 Mar – All-comers - SOPAC
Sat	17 Mar	Run for Jess – Greystanes	16-18 Mar – LANSW State Championships 17 Mar – High Performance Meet – SOPAC
Sat	24 Mar	West Met 1 – Rouse Hill	24 Mar – All-comers TBC